

THE PRETTY GIRL PAPERS

EMMA E. WALKER



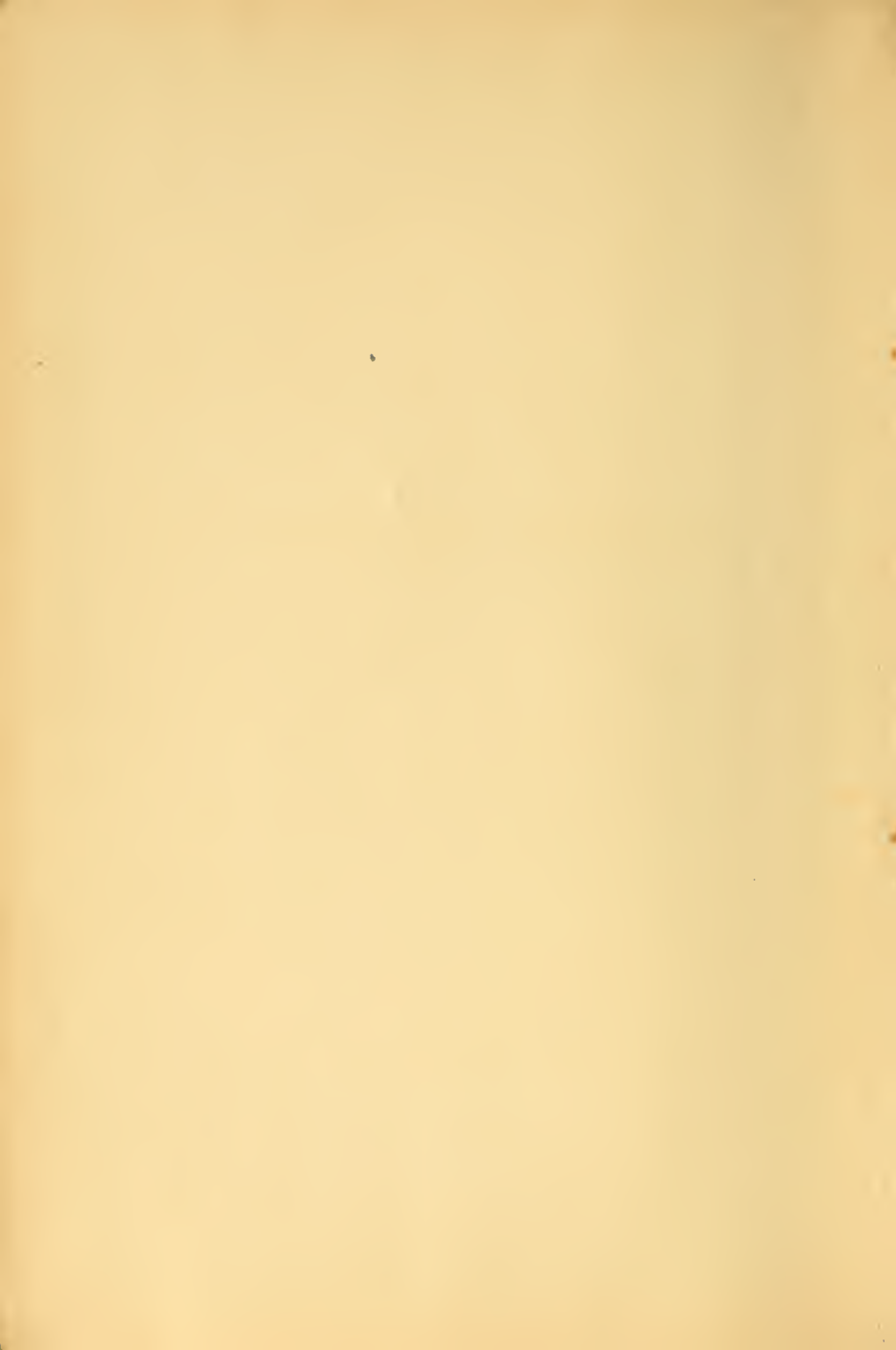


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THE PRETTY GIRL PAPERS

THE
PRETTY GIRL
PAPERS

By

EMMA E. WALKER, M. D.

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Miss B. M. 10

TO
**The Pretty Girls
of Every Clime**

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THE PRETTY GIRL PAPERS

I

THE IDEAL BEDROOM

THE other day I read that it takes two hundred years of outdoor life to make a beautiful woman. The English dairymaid, who has the inheritance of these two hundred years, gives us proof in the milk and roses of her complexion. Only recently have the women of our country appreciated the effect of outdoor life on health and beauty.

But next to outdoor living, sunshine and fresh air in the bedroom are the great beautifiers. The essential elements of a healthful bedroom are sunshine, fresh air, and cleanliness. Nowhere in the house do we need sunshine more than in the bedroom. Sunlight is one of the best disinfectants that we have. So, in the selection of this room, the exposure should always be considered.

Experience gives evidence that living in sunny

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rooms is a distinct aid in attaining a wholesome skin. The cause of obstinate face eruptions has been, in certain instances, traced to living in sunless rooms. Ever since our first physiology days, we have been told that each person should be allowed at least three thousand cubic feet of fresh air an hour. But an English writer puts it in a more interesting way, telling us that if we had to purchase every morning the necessary amount of air food, and if we wished it left like milk in quart bottles, there would be delivered more than eighteen thousand quarts every day; indeed, we should need seven hundred and fifty quart bottles for every hour, and twelve quart bottles for every minute. Imagine one's dismay if the air man should fail, or go on a strike, or even be late with his precious wares! There would be nothing left for us to do but to use over material that had already been used once or oftener by ourselves, or even by other people.

It is surely most unpleasant to feel that we are taking the refuse from some one else's lungs! But this is what we do without any compunction when sleeping in a close bedroom, and when attending many, indeed, most theatres, concerts, and public lectures.

May not the poor complexions of so many

Italian girls be due to lack of ventilation in their bedrooms? For the Italian is notoriously afraid of night air; to her, night air means mosquitoes, malaria, fevers, and other ills. Do you remember the little incident of his Venetian life, related by one of our modern writers, who made an official complaint against a thief entering the open window at night? On learning that the American kept his window open after sundown, the authorities dismissed the case with a shrug of the shoulders and the comment: "An American custom."

To admit the fresh air is not sufficient; a provision must be made for the exit of the stale air. The ideal bedroom has an important ventilator, an open fireplace. If, besides the fireplace, a door is left ajar, the ventilation will be quite satisfactory, but better still is the ventilation secured by means of the windows. If two windows face each other and both upper sashes are lowered for several inches, there will be a continuous current of air passing through the room, without much draft on the bed. For hot air rises, while cold air falls; the air, then, that is in the ordinary sleeping-room will ascend and pass out of the top of the window, while the fresh, cooler air will come in to take its place.

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And just here is a point worth remembering: warm air is not necessarily impure air, just as cold air is not necessarily pure air.

If there is only one window in the room, ventilation may still approach the ideal. Drop the upper sash a few inches and raise the lower three or four inches. A strip of thin wood, or a piece of cardboard, six or eight inches wide, is then placed over the lower opening, but a little way from it. In this way we have three points of vantage without incurring the risk of any special draft, — the upper and lower opening and the lower space between the two window-sashes. If, however, there is need of special protection against air currents, the method used for hospital beds may be employed. A little curtain of sheeting made to fit the back of the bed is tied at the four corners by strips of tape. In this way there is protection at the head of the bed from any draft. The curtain may be renewed with the sheets.

Since some of us cannot have the ideal bedroom, it is often necessary, especially in the city, to use a little ingenuity to conceal defects. If one of your windows opens out on a blank wall, or on an ugly prospect, you may insert into the window space a white lattice frame, over which

a hardy vine is trained I know of no prettier climber than the English ivy. On waking up in the morning such an outlook will give pleasant thoughts, starting you on the right road for the day. A hanging-basket, too, is a great joy, bringing to the city girl a bit of Nature. Some one may object that there should be no plants in the sleeping-room, but it has been estimated that the atmosphere of a moderate-sized room is not as much vitiated by one hundred average growing house plants as it is by the burning of one common candle.

It is well, however, to remove all cut flowers from the bedroom over night. It leaves the air of the room pure, while the flowers themselves stay fresher.

A true saying it is that the habitation of an individual reflects the inmost character. On the other hand, the surroundings in which we live have a marked influence on the disposition. Have you not tested for yourself, as you first opened your eyes in the morning, the soothing effect of a well-ordered room? Before going to bed it is an excellent plan to put the room in as perfect order as possible.

Try to keep the bedroom for sleeping purposes only. Crumbs are an abomination in a bedroom.

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If you are living in one room, it will not be very hard to limit luncheons to fruit. And if you are living at home, no food need be kept here.

Sleeping by one's self is almost essential to health. When compelled to share your bedroom with another girl, separate beds should be used, leaving, if possible, three feet between the two beds. The bed should never stand against the wall. It should be pulled out a little on all sides, in order that there may be free circulation of air.

I do not believe that it is really necessary to say anything about feather beds, because they are so little used in these days of advanced hygiene. As to the mattress, you will find that if quilted very closely it will not need to be more than about half the thickness of the ordinary mattress; indeed, if you have a thick, old mattress, you can have it made over into two, placing the tufts about four inches apart. This mattress, also, will last far longer than an ordinary one.

Far better forego all drapery about the bed, although, if you feel that you must have a canopy, let it be of dainty muslin that can be frequently laundered.

Great danger lurks in damp bedclothes.

Damp linen offers encouragement to microbes. For this and other reasons, bedding ought daily to be well aired and sunned. Feather pillows are kept sweet by exposure to fresh air. Sun draws the oil from feathers.

And now as to the walls of this habitation of yours. Painted walls are the most hygienic and satisfactory. In hospitals a pale yellow or drab has been found very pleasing to the eye. A solid color is always the most restful. Have you not had the experience, when ill, of chasing some grotesque figure around and around with your wearied mind, until the very pattern was seared into your brain? Oil-painted walls can be wiped down daily with oiled cloths. These walls are practically indestructible. The ceiling ought to be light in color.

A hardwood floor in the bedroom is most advantageous, and rugs are preferable to carpets. Choose a closely woven rug, that it may hold as little dust as possible. The summer rug is made of grass or fibre, such a floor covering being both satisfactory and inexpensive. Then, too, it can be taken up and cleaned every week.

The brooms should always be dampened when used; but a carpet-sweeper is better, gathering up, as it does, all of the dust without scattering

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it through the room. When dusting, use a damp cloth, never a feather duster, which has no place in a hygienic house.

Keep your dust-cloth clean, washing it out after its use.

Girls often ask: "Do you not think that there is a great deal of nonsense in all this talk about microbes?" Not when you know the results of scientific research. The street dust of large towns has been found to contain bits of straw, hay, pollen of plants, fragments of cotton and wool, fibres and hairs, wings and other parts of insects, microbes, tiny particles of iron and other metals, sand, coal-dust and lime. The dust of our rooms is of much the same character, showing, also, scales from the skin. We know from experience how even in a room that is supposed to be thoroughly clean, innumerable tiny particles can be seen dancing through a ray of sunlight. Many times the germs of tuberculosis have been cultivated from the dust taken from a room where a tuberculous patient has lived.

How important is it, then, to have in your bedroom only things that can be thoroughly cleansed. Thus will be banished much bric-à-brac and many knickknacks, such as the numer-

ous photographs cherished by so many girls. Think of the amount of dust that such objects accumulate, even in a short time. Let the pictures that you have be plainly framed and glass covered.

The ideal room for a girl asleep is dark, since light is a stimulus even to closed eyes. If you have not the old-fashioned, dark green window-blinds, dark shades offer an excellent substitute. By using a little ingenuity, the necessity for artificial light in the bedroom will diminish. Going to bed by candle-light is very restful. Thoroughly air the room after the light is put out before getting into bed.

And one point more. The ideal bedroom is without plumbing, for although modern plumbing is supposed to be perfect, there are many uncertainties. If you do have running water in your room, leave a little in the bowl and spread a damp towel over the top of the basin.

There is no place where the note of harmony will have a more beneficent effect upon our spirits than in the room where we spend one-third of our lives, in leisure, rest, and sleep.

II

FEMININE ODORS

IF a fairy were to offer you the gift of daintiness or of beauty, which would you choose?

Hardly is the question asked when I hear the myriad answers that come floating in, the thoughtless girls clamoring for "Beauty, beauty," while in gentler tones I hear from wiser lips the whisper; "Daintiness I would choose!"

But, you thoughtless girls, think a moment. Whom do you seek to charm in this world? You needn't tell me: I know. And do you attribute to beauty the greatest power? Then you haven't heard what men say about these things. Ask your brother what he thinks. If he has never told you before, you will probably have a shock. For, believe me, this is a matter of common remark among the other sex. To them even beauty is repellent when it has not the setting of dainty personal habits.

And what do we mean by dainty personal habits? Perhaps the breath is the flag which

flaunts itself most conspicuously in the face of him who comes to storm the citadel.

You have all experienced the necessity of avoiding the offensiveness of the breath of a friend. Is there any characteristic which so stamps one as the odor of the breath? I recently heard a man say that the average girl's breath was to him appalling. The sweet breath seems to be the exception. "Take the average girl three hours after eating," he said, "and it is astonishing how few girls with sweet breath one will find." And what is the cause of it? The breath is almost without odor in health, although there is a fragrance from certain glands along the edges of the nostrils. This odor is characteristic of individuals, the delicacy of the odor varying with the refinement of the person. But, however offensive the breath may be, it is a symptom only.

As there is apt to be a disagreeable taste in the mouth and a coated tongue, a girl who has an unpleasant breath is generally conscious of it herself. Gastric or intestinal disturbance is one of the commonest causes of this evidence of neglect. The ordinary habits of our daily life are greatly to blame for the condition. These habits can and must be broken, if you

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would have your breath as sweet as Nature intended it to be.

In the first place, allow plenty of time for your meals. It is better to eat even a little less than you desire, and slowly, than to "bolt" an ordinary meal, as so many American girls are in the habit of doing. Eat sensible food. Nothing will so quickly upset your stomach as excessive candy-eating, especially between meals. A simple diet, then, is of first importance in keeping a sweet breath. Hurry and worry must be banished from the table, for food cannot be digested properly when one is indulging in either of these vices. It will be easier to spend more time at your meals if you keep before you the object of this care — a dainty breath. Leisurely mastication will aid greatly the quest for wholesomeness. So will copious water-drinking between meals, by keeping all of the eliminative organs in good order; and proper exercise.

It seems almost superfluous to speak of the care of the teeth, and still many unpleasant odors are directly traceable to carelessness in this regard. Particles of food lodging in cavities or between the teeth, even more than decayed teeth themselves, give rise to unpleasant breath.

Habitual mouth-breathers are very likely to have an unpleasant breath.

Of course, in certain cases there may be other causes for offensive breath, such as disorders of the mouth, nose, throat, or lungs, all of which need special medical treatment.

One cause more, and a potent one, is disturbance of the mental equilibrium; if you are a nervous girl you have doubtless discovered what this means. Almost instantaneously, on the experience of some emotion, the mouth becomes dry and unpleasant. But you say: "How can I possibly help such a thing as that?" By living a quiet, normal life.

Hardly less noticeable are the so-called body odors, any one of which is easily located. In running over the different odors that come from hair, axillae, feet, soiled clothing, and so on, each one in turn seems more disgusting than the last. One cannot keep herself clean and sweet without the greatest care, and it is a glaring fact that fastidious cleanliness is an exception among even refined girls.

I have in mind now a girl, a college graduate, well brought up, who has had every advantage, and yet friends are forced to associate various odors with her personality. Could she know of

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this impression in the minds of those about her, she would be horrified, for she is now totally unconscious that her neglect is so apparent.

I do not think that any one can be absolutely dainty without at least one entire daily bath, and several local ones, followed by a good rubbing. The axillae need the most careful attention and so do the feet. In the matter of shields and stockings, eternal vigilance is the watchword. Be sure that if you yourself can detect an odor it does not remain unobserved by those about you.

A girl was telling me the other day about a friend who belonged to her dancing-class. She said, under her breath, that none of the men wanted to dance with this girl because they said she smelled so "goaty." I cannot help wishing that I could tell her to take local baths, sometimes with salt and water, sometimes with alcohol.

Washing is not the only way of keeping the hair sweet. Sunning and airing will do much for it. The dry shampoo — that is, powdering the hair and scalp with ground orris-root — also imparts a delicate fragrance and helps to absorb the superfluous oil; but this method cannot be kept up indefinitely, and can never take the place of washing.

Not long ago I went into a girl's room. She was in her lounging-robe, and had changed her heavy walking-boots for bedroom slippers. I really suffered before finding an excuse to take my departure.

Have you ever caught the mingled odors from a closet where a careless girl's clothes are hanging? It will pay you to be extravagant in your laundry. Indeed, it is easy for any one to wash out small things, like stockings, so that there will always be a fresh pair to put on daily.

The seat of very many of our sensations is in the skin. Scientists tell us that the condition of the skin as well as the condition of the clothing next to the skin, has a very powerful influence not only upon our physical, but also upon our mental life; and does not the spiritual depend greatly upon both? Exquisite cleanliness, then, reaches far beyond the limits of attractiveness.

And now about perfumes. A man said to me the other day: "Girls have the strange idea that men like the odor of sachet powder and perfume, whereas they detest it. To have a delicate suggestion that a woman's clothes have been near some agreeable powder or sachet in a drawer is pleasant, but to have strong perfume, soaked handkerchiefs, sachet bags, and such

things carried around is perfectly repulsive to a man, and when this sachet odor mingles with a bad breath and the average body odor, the combination, and it is not an unusual one, is absolutely abhorrent."

A strong perfume is one of the earmarks of vulgarity. When you choose the sachet to lay among your things, buy the most delicate one possible, and it is a pretty fancy to keep to the same one. Let the odor from it, a mere suggestion of some flower, mingle its fragrance with the sweet smell of freshly laundered linen.

III

BATHING WITHOUT A BATH-ROOM

A BATH-ROOM is not a necessity for bathing. If it were, many girls, not only those living in the country but in the city as well, would be in a sad plight.

One of the daintiest, freshest girls I ever met had to depend upon the kitchen pump for her water supply. She lived on a lonely farm, and when I asked her how she managed to keep herself always so sweet and clean she said: "My cosmetics are very simple. Every night boiling water from the big kettle, with a liberal supply of soap, gives me my cleansing bath, and in the morning cool water from the pump tones me up for the day."

I knew how hard she had to work, so I ventured to ask: "But are you not too tired sometimes to go through with it all?"

"I am often tired enough to drop, but years ago I made bathing a habit, and I would as soon think of going to bed with my clothes on as with the stains and grime of my day's work."

This girl had simply made cleanliness a matter of habit. And although she was not naturally beautiful she was as refreshing to look at as a flower.

“When I was doing settlement work in Chicago last winter,” wrote a young woman not long since, “I had the good fortune to make friends with a little girl whom I bribed into taking a daily bath, and this was our plan. She was to have two basins of water, one quite warm and the other cool. Each basin was to have its own wash-cloth. With the warm water she was to take a soap scrub, rinsing off first in the same water, reserving the cooler water with its fresh cloth for the final rinsing. She gave herself a good rub-down with a Turkish towel at the last, vigorous enough to make her whole skin glow. The reward for three months of this daily routine was to be a violin, for the child was very fond of music and had long coveted this prize. I knew that she was conscientious and that I could trust her, and the bargain was made that she should not skip one day. If I could tell you of the change in her complexion at the end of the three months, I am afraid that you would accuse me of moralizing.”

I thought at once of girls in the city who live in the typical boarding-house hall-bedroom, where the morning bath has to be of the " sponge variety."

Any girl who is living in a house without a bath-room has various makeshifts to choose from to supply the deficiency. A good-sized papier-maché wash-tub is inexpensive, and light enough for any girl to manage. A tin tub also does very well.

But if the family wishes to invest in something more elaborate, an excellent substitute will be found in the combination of folding tub, tank, and heating apparatus. It will take half an hour to heat about twenty gallons of water which the tank contains. The length of the tub varies from five to six feet, being large enough for a full plunge bath. This apparatus, when closed, takes up about three feet of floor space and stands about six feet high. It can be moved like a sewing-machine or any other piece of furniture, and although it is not cheap, it will last for years.

Another full-length tub, which is made of tin, has a wooden bottom with a roll-top. There is a waste pipe at the end. When not in use the contrivance is hung up by a ring.

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Vapor baths may be had in many varieties, and for very reasonable prices.

A girl who spent her vacation last August in the hills of Connecticut told me how she managed her bathing without a bath-room.

“ We have those luxuries all the year, and it is fun to go without them in vacation. I take a two-quart tin pail with me, so that I can always have hot water any time and anywhere within a few minutes. The best alcohol lamp I have ever used cost me just twelve cents. It is made in the form of a metal cup filled with asbestos; over the top is fitted a piece of wire netting. I buy a pint of wood alcohol which costs, as a rule, twenty cents. Two tablespoonfuls of the alcohol will thoroughly wet the asbestos, and will boil two quarts of water. Of course there must be a standard to support the pail above the flame. I happened to have one of these that belonged to another lamp.”

The danger from the use of an alcohol lamp can be avoided if you are always careful to set it out of a draft, and if you use a lamp like the one just described, which does not enclose the alcohol. A wise precaution is to place the lamp in a sink or in a pan. This entire combination may be bought, if desired.

In England, even when there are bath-rooms in the house, it is a very common custom to have what is called a tray or sponge bath in the dressing-room. This is made of tin, is four or five feet in diameter, and has a shallow rim. It is like a bread pan, only much larger. It is called a tray bath on account of the shape, while the other name of sponge bath is given from the fact that the bather almost invariably uses a sponge. The so-called tray may be partly filled with water, the sponge dipped into it and squeezed out over the body, or one may step into the tray and use water from a basin on one side. This tray is large enough to sit down in. If you are unable to find such a tub, it can easily be made by an ordinary tin-smith.

The portable bath is more expensive than those made of tin or papier-maché. It is a rubber tub and may be folded up into a small space. English people almost universally use this while traveling, and an English officer is never without one. It is a great convenience, too, at the shore, where a salt-water bath is not in the house, and one wishes to use the sea water in the room.

Another convenient portable tub is the old-

fashioned sitz-bath. An English woman, in recounting her childhood experiences to me the other day, said that when her family went away on a trip, especially to the shore, they took a number of these sitz-baths along with them. They were utilized en route for stowing away various articles that they needed. This bath is made of tin, one end rising high enough to cover the back. They are very convenient, especially for bathing children.

A district nurse visiting a tenement house family one day found a very sick child, whom she felt must be put into a hot bath at once, but the family had absolutely nothing that could be used for a tub. It so happened that this young woman had a rubber sheet in her bag. She took it out and fastened the edges to four chairs, letting the middle of the sheet sag down toward the floor in the form of a bowl. In this improvised tub she gave the baby its bath and probably saved its life. This gave her an idea which she later worked out. She had a frame made which folded up on the principle of a camp-chair, and to which a rubber sheet was attached in the form of a basin. Much on the same principle is a larger folding tub made of water-proof material attached to a wooden

frame. When folded, the package is not larger than an ironing-board.

Space does not have to be considered by the girl living in the country. With a little ingenuity, there is no excuse for neglect of the daily bath, even if there is no bath-room in the house. If she cares to take any trouble she does not even need ingenuity to rig up a shower bath, that may be used at least in warm weather. A good substitute could be made by attaching a rubber tube, with a sprinkler at one end, to a spigot in a tub or any convenient receptacle holding enough water for the bath. The receptacle is raised on a platform and is filled for each bath. It is a good plan to put pieces of charcoal in the bottom of the tub to keep it sweet. Since such an outfit once planned can be used indefinitely, one can afford to go to a little trouble in arranging it.

In a certain camp up in the Catskills, located near a stream, the water is pumped by means of a force-pump up into a tank, which is raised on a platform in a small bathing pavilion. A partition runs through this little house, so that two people can take a shower at the same time.

Wherever there is a faucet, even if it is the one at the kitchen sink, it is a simple matter

to arrange a shower bath. A sprinkler attached to a rubber tube is all that is necessary to complete the apparatus. One can stand in a tub drawn up beside the sink and take the shower in this way. If the water from two faucets, hot and cold, runs out through one opening, as is sometimes the case, the temperature of the shower can be regulated at will. However, if the outlets are separate, you can buy a rubber "Y tube" when you get your sprinkler, and the two branches will fit over the faucets. Or it would be a matter of very slight trouble and expense for the plumber to make a tube connecting the two faucets with one outlet.

One day last summer, from my perch in a skyscraper, I watched two children on a neighboring roof. The boy appeared first, climbing out through the scuttle with a shout. He was suitably arrayed for the downpour for which he was longing with all his little heart. The costume consisted of a pair of old, short, white trousers and a sleeveless shirt-waist. His sister soon joined him and she, too, wore an improvised bathing-suit without sleeves and abbreviated as to skirt. They paraded up and down, anxiously scanning the sky. There had been one or two little sputters of rain, but more was

promised by the lowering clouds. The expression on the children's faces afforded a graphic weather bulletin; when the sun gave any sign of coming out the disappointment was unmistakable. Before long, however, the sky darkened in earnest, and as the drops began to fall, these city waifs danced around the roof in high glee, reveling in their natural shower-bath.

But to play having a shower-bath was not exciting enough for these imaginative youngsters. It was plain to see from their antics that they were pretending to have a surf dip. They must at some time in their brief existence have been taken to the shore, for they went through all the motions of swimming, diving, walking back to the shore and digging in the sand. The roof was both beach and surf. They raised their faces and caught the rain joyously. They went so near to the cornice at times that I held my breath, but back again they pranced around the friendly arm of the tenement-house chimney. It did seem pitiful, and yet, I thought, why should it! They were enjoying the blessing of a soft-water shower — a bath hard enough to get in many a model bath-room.

The children of the roof were unlike another tenement-house child of whom I recently read.

He was having an outing at a seashore fresh-air home. But he was not making the most of his privileges. As he sat digging his toes into the sand on the beach, one of the attendants asked him if he didn't want to go into the water.

He said, "No, ma'am," with public-school politeness."

"You're not afraid, are you? Don't you bathe at home?"

"Yes, ma'am," he answered proudly. "I get an all-over every week in the wash-tub."

"G'wan!" said a bigger boy who had run up, dripping and shivering, just in time to hear the little fellow's answer. "Yez means the dish-pan."

Truly, water has charms for some that others always miss.

A civil engineer who spent some years in the Philippines describes his method of bathing. "I used a five-gallon oil-can for my shower. The bottom was perforated by driving a small nail through the tin over the desired area. A bar of wood was fitted into the top, between the sides, and held by means of two nails driven through the sides of the can into each end of the bar of wood. A rope fastened to this and passed over a pulley served to hoist the can and

hold it in place, the rope being held by means of loops which were worked over a nail on the wall. As the floors of the dwellings are made of bamboo, the water runs off as soon as it falls."

Such a can arranged over a large tub may be easily used in a kitchen, without much water getting on the floor.

This arrangement is very similar to one described by a major and surgeon in our army in telling of his life while in Cuba. He said that they used a tin hard-tack box. This also held about five gallons and was perforated. Many times they covered the perforations with a piece of tin, so that the time of the flow could be regulated. Sometimes the little protector was put inside the can over the holes, and although it did not entirely prevent the water from coming out, it did so to a great extent. A string attached to the piece of tin could be pulled when the bather was ready. Another way that they managed these showers was to have a little slot on the bottom of the can outside, through which a cover was pushed, and moved away, when the bather was ready for the shower.

A more conventional apparatus used for the same purpose is made in Europe and used in the

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far East. It consists of a cylindrical can, twelve inches in diameter, holding about five gallons. A little stopper closes the inside opening to the sprinkler, and is so arranged that the pulling of a chain leading outside, to which it is attached, displaces it just enough to allow the water to flow. As soon as the pull ceases, the stopper falls back into place.

When one has no bath-room, it is convenient to lather the body with soap and water first from a basin. After this any one of the improvised showers may be used for rinsing.

A shower that any girl can arrange without difficulty may be taken from a large watering-pot, which is suspended a little higher than the head. A cord is attached to the neck of the spout, and the pot is tipped to any angle at the bather's will. By standing in a tub, the floor is spared. If one is camping, this idea can be easily utilized out of doors. A shower house could be made by tacking sheets around three or four trees or around stakes set up in the form of a square.

But even this does not compare with the rare privileges of those far-away days in the country when, after much pleading, we were allowed to don a suitable costume and stand under over-

flowing eaves for a brisk, rain-water shower. No possible bath in later years could ever equal in fascination the delights of those gambols under the hard pelting of a warm summer rain.

IV

WHAT GIRLS WEAR

It was the custom in the Southern town, in which I spent my early days, for the young girls in school to don fresh gingham dresses when the first warm spring days appeared. I often go back to those times with pleasure, and wish that it were more the custom nowadays for girls to wear the simple wash gowns that we used to love. I remember that two or three of us decided upon a special day when we should all appear together in the new gowns, lest our solitary embarrassment be too extreme.

However, the convenient shirt-waist now supplies this need to a great extent. There is no garment, I believe, that in many ways is so hygienic as the much-abused shirt-waist. I cannot imagine anything to take the place of this garment in the wardrobe of a girl who is either working or traveling. By its use the appearance of the dress can be changed from day to day, and from morning to evening, for

several weeks, even though there may be but few gowns at the wearer's disposal.

Many a girl looks more attractive in this simple costume than in any other which she may wear.

Perhaps no one class of people is more attractive in appearance than trained nurses. And this fact is doubtless greatly due to the extreme neatness and freshness of their apparel. Nothing adds more to the appearance than perfect neatness and finish in all the details of dress. In a hospital that I recently visited, a characteristic uniform for the nurses had just been designed by the matron. One of the girls, in showing the attachment of the skirt to the waist, said the matron had so planned it that never a safety-pin peeped from beneath the belt. If girls realized how such a little blemish spoils the whole costume, they would be careful about the minutest detail. It is imperfections that catch the eye.

Surely the short skirt for street wear appeals to sensible girls, both from the hygienic point of view and from that of good taste. I was reading yesterday of the examination of the coconut husk mats on the floors of a city's street-cars. Single fibres an inch and a half long were computed to hold from three million to four

million microbes; and yet this estimate is said to compare favorably with that of many other floor coverings. Can you imagine, then, any girl who knows this fact, sweeping a long skirt over these mats, or pavements, or steps, or theatres, or other public buildings? If you can once be convinced that you are, in truth, street scavengers, when you wear such clothes, you will be only too anxious to wear skirts of a sensible length.

Please do not for an instant think that I am advocating that peculiarity of dress known as mannishness. The greatest charm of a girl is her femininity. Nothing is more to be deprecated than the aping of mannishness. Men have only contempt for such imitations, and women despise them. I have in my mind now a girl who affects masculine attire just as far as she can. She wears her hair short, and over it slouches a soft felt hat that she takes off and puts on just as her brother does. It is needless to say that she attracts ridicule wherever she goes. Such peculiarities are most disadvantageous to a girl, especially if she is in business of any kind or engaged in a profession. People wish to deal either with a man or a woman, never with a caricature of either.

Great care should be taken to adapt the cloth-

ing to the climate and the weather, especially in the early spring days. May-day always brings visions of the cold, raw weather that we have all experienced so often in trying to carry out May-day frolics. You may object that wool is too irritating to your skin. Then get a soft, fine quality, or some material in which wool is combined with silk or cotton. In the summer-time a very light-weight wool is a great protection, even in tropical climates.

Linen is the coolest of our ordinary materials, being a good conductor of heat, allowing it to pass off quickly from the body. Smooth-surfaced goods, closely woven, are cooler than soft, furry fabrics. The latter, even though made of cotton, are warm on account of their weave.

As far as possible dyes in clothing that comes next to the skin should be avoided. As to colors, white is the coolest, and for this reason is very much worn in warm weather. Then come yellow, red, green, blue, and black.

Avoid all extremes of fashions. Exaggeration in dress is always vulgar. Study your personality in regard to dress. Do not sit down and think how plain you are, but learn to bring out your good points by wearing becoming clothing.

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If you have no faculty at all for this yourself, go to some one who possesses the gift and get her to help you out. Certainly there is some friend with an artistic sense who will know what best suits you in hats and gowns. When you have found a becoming style, do not be too anxious to change it. There is never any advantage in following the extreme of fashion, especially if it is not becoming to you. This does not mean that you should defy fashion, for there is hardly one of us who can afford to do that.

One of the worst faults in clothing is to have it too tight. Very tight clothing interferes with the circulation. It does not allow for proper ventilation of the skin. If clothing is so snug as to retain carbon dioxide and the waste organic matter, it will not be long before the functions of the skin are disturbed, and the body made a prey to disease. Ventilation of the skin is most important. The proper exposure of the body surface to comparatively low temperature is as valuable a general tonic as is the application of cool water to the skin. The air bath supplies this need. There should be a circulation of air under the clothing sufficient to dilute and disperse the insensible perspiration, the effete organic matter and the carbon dioxide.

All garments that are suspended should fall either directly or indirectly from the shoulders or the hips.

Opinions concerning the advantages and disadvantages of wearing corsets differ very widely. Many good authorities believe that there is no harm in the modern, scientifically made, straight-front corset. But be careful that it is scientifically made, and that it fits.

Tight waistbands help to make ugly hips and prominent abdomens. The wearing of tight collars and stocks results in scrawny necks, and often leads to severe troubles of the throat. Tight garters leave in their wake many serious consequences; and tight gloves produce ugly, red, cold hands; while tight, ill-fitting, high heeled shoes torture the girl who is foolish enough to wear them. Red noses are very often the result of impaired circulation, due to clothing that is too tight.

V

GIRLS WHO "COME TO PIECES" IN PUBLIC

Not long ago, at a Glee Club concert, I sat behind a girl with delicately tinted cheeks. This might possibly have passed unobserved had she not also touched up the lobes of her ears to correspond. I watched these two spots for some moments, but the heightened color remained the same. I was convinced, and then looked for other evidences of the make-up. They stood out one by one. On looking across her cheek, as it was turned to the light, there was that characteristic appearance always present after the use of powder. The eyebrows were distinctly penciled, and although she was not a "bleached blonde," still her hair had been "lightened," as could be seen from the contrasting darkness of the roots. She might have been a pretty girl, but as it was she was most unattractive.

Perhaps the artificial touches to a toilette are

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more frequently evident in a large city than they are in smaller towns. However this may be, I never go out on the street without noticing a goodly number of girls who make this mistake. To be sure, many times these little artifices are most skilfully manipulated; they will, nevertheless, be detected by the trained eye.

Such toilettes always raise a question in the mind of the observer. You have the disapprobation of your own sex when you do these things, but to a man they are revolting. "Do you know," said a man to me the other day, "that when I find I'm out with a girl who is painted, it gives me the gruesome feeling that I am walking around with a wooden Indian, — like the old fashioned ones they used to have in front of the cigar stores." It cannot be pleasant to a dainty girl to feel that she has put on such a coating of "complexion" that it can be rubbed off on the handkerchief.

Fresh is the memory of my father's annoyance when, in girlhood days on starting out to walk with him, I fastened up the buttons of my gloves after closing the door behind me. I have noticed in many men the same evidence of annoyance regarding the finishing of a girl's toilette in public. And another of their pet

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complaints is that some girls are always "coming to pieces."

One who arrives early at the theatre has leisure to observe many of these idiosyncrasies, as well as various mannerisms that go with them. One girl will be running side-combs through her hair; another will be rearranging hairpins and patting her aigrette.

Still another girl, as she walks down the aisle, grasps her skirt at such an angle that the placket gapes widely. And, oh, the innumerable belts that do not make connections! And the multitude of safety-pins that are exposed to the public gaze! And corresponding in numbers to the misplaced belts and pins, the wearers futilely struggling to get them into place!

Now and then a girl finds it necessary to fasten her blouse in public, and I have even seen a schoolgirl on a shopping expedition rearrange her shield. Such a thing seems incredible, but it is only too true. She was attending school in New York, and was called by her teachers "that awful girl." They were always in terror as to what she would do next.

What a common sight it is, especially in the summer, to see a man fastening up the lacings of his companion's shoes. If you do not know how

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to tie shoe-laces so that they will not become loose, any shoe clerk will tell you.

These things are so common that they are a matter of public comment, and are always very noticeable where there are many girls together. This is, unfortunately, only too apparent in girls' schools and colleges.

The Dean of a very large college in one of our great cities considers this subject of such importance that he makes a yearly appeal to his students, bringing their attention to these matters in detail, at a students' mass meeting called by him for the purpose.

The mother of one girl, when taking her daughter to college, was so impressed by the untidiness of many of the older girls that, drawing her daughter to one side, she gravely remarked that if any of these evidences of neglect were noticeable in the girl when she came home for the Christmas vacation, she would be taken out of college permanently.

Many girls say, as an excuse for carelessness in dress: "No one knows me in this part of the country, so it does not make any difference how I look." This is the plea of many Americans abroad, who have thus given an undesirable reputation to the manners of our country-women,

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It is probably because of this feeling that carelessness in appearance or manners is sometimes observed in high places, but it is never safe to think that "no one sees me." A woman of international reputation was observed riding in a street-car with a toothpick in her mouth, that she used diligently from time to time. Too careful attention cannot be given to the toilette of the teeth, the nose, and ears before leaving your own room.

And this reminds me of another thing: some girls think that it is sufficient to wash a soiled face, leaving the neck and ears with the distinctly visible high-water mark. But you may say: "I have never seen these horrible things." Then it is because you are not observant. Fastidious men depend upon their barbers to complete many of the little niceties of their toilette, such as the extraction of blackheads from the ears, and other details that are impossible for one to attend to by one's self. It is no less necessary for a girl to be overlooked, at least occasionally, by a professional attendant.

Avoid such little mannerisms as handling the face, scratching the head, pulling on the hair, biting the nails, rubbing the nose, and other similar tricks, which, when once indulged in,

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become habitual, especially when one is absorbed. Such habits are disgusting to those around you, and detract very seriously from the charm of a refined woman.

Men often pass judgment as to girls' capacity for housekeeping on no more important evidence than the wearing of run-down heels. It is a trite, but still true comment that many girls who have exquisite taste in dress as far as gowns, coats, and hats are concerned, fail when it comes to the details of shoes and gloves. It is a common occurrence to walk behind a beautifully gowned girl, whose shoes are unspeakably shabby, worn off at the heel, unblackened, and minus several buttons.

Other girls do not hesitate to wear skirts with ragged edges, braid pinned on with safety-pins, tattered dust ruffles, especially if they are silk, and soiled ruchings. A certain mother said, when her daughter asked if she thought a collar "would do" to wear again: "If there is any question about it, put it in the laundry."

You may think this attention to details very tiresome and carelessness concerning them undeserving of so much criticism. If this is your attitude, you would better change your point of view. A girl of my acquaintance, who was

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engaged to a young man when she entered college, caused him so much discomfiture by her carelessness in personal appearance, that his mother made a journey to the college every two weeks for the purpose of getting the fiancée's wardrobe into some kind of order. The task became so hopeless that the engagement was finally broken. And who will say that it was not justified?

VI

FEET AND SHOES

EVER since babyhood days we have been told that the well-shaped, well-shod foot is a most important sign of good-breeding. But how many of us are trained to recognize a perfect foot? Too many girls judge of the foot by the shoe. And the ordinary standard of a beautiful shoe is the type worn by a French woman in her carriage or at home. Not stopping to reason, we Americans straightway follow after like a flock of sheep, donning this tiny, high-heeled foot-covering for the hard work of daily wear.

In these days of distorted feet, distorted foot-wear, and distorted ideas, it is so difficult to find a perfect foot, that we are obliged, perforce, to go back to the ancient statues to discover a worthy model. The next day you go down town, look in the window of an art store for the winged Mercury, Venus, or the Apollo Belvedere. Then can you examine a perfect foot to your heart's content.

At night, after taking off the stockings, spread

your toes out. I mean this literally; can you spread them or have they lost their muscular power? Note how far they have strayed from the strong, beautiful type with which Nature has endowed most of us.

A baby's foot is not yet disfigured by the modern shoe, and although its outlines are somewhat padded by layers of fat, the marks of perfection stand out clearly. Baby's foot may be classed with that seen in ancient statuary. The great toe stands out by itself, a distinct interval showing between it and its neighbor. The direction of this toe is either straight forward, or a little inward. There is given no chance then for the prominence of the "bunion" joint. The other toes, straight and symmetrical, are tipped with pearly-rose nails. In the most beautiful type of foot, the instep is high with graceful arch; the softly rounded heel delicately tinted. Not many girls of this age of "civilization" can lay claim to such a member. As to the size, do not let that trouble you, for feet to serve us well must be large enough to carry their burden without weariness.

It is worth while to examine not only the shape of baby's foot, but the movements of the toes as well. Down they bend, then up. Again

they spread apart. When the child is old enough to walk, the toes practically dig into the ground. With the toes, too, baby is able to grasp objects. A most marked contrast is seen in the foot of the grown-up. Instead of flexibility and the power of spreading apart, the toes are generally crowded together, and practically powerless to perform any of the movements for which they were made. The adult foot has indeed been well likened to a shoemaker's last.

Some of you have doubtless seen unfortunates born without arms, who have substituted for this loss marvelously trained feet. In an art gallery in Antwerp, some years ago, I saw such a man. He cheerfully filled up the working hours by painting with his feet. Others similarly afflicted have developed the foot muscles to such a wonderful degree that they have been able to write, play ball, paint, dress themselves, and do countless other kinds of useful work.

In school days we learned that the foot consists of twenty-six bones, various muscles, ligaments, and joints. Naturally, if the bones are displaced, if the muscles lose their strength, if the ligaments are over-stretched, the foot will be weakened and disabled to such an extent

that it cannot perform its work. We have already spoken of the arch of the instep, but there is another arch across the foot just back of the toes. This structure relieves from jar the joints above, and preserves from injury the nerves, blood-vessels, and other delicate tissues lying under the instep. Muscles in the sole of the foot act like a bow-string, resisting the tendency of the body-weight to break down the arch.

When the foot is crowded into an up-to-date shoe, the muscles are first hampered, and finally rendered almost powerless. Then do the toes lose their freedom of action, and the foot becomes hardly better than a mere pedestal. And the "pedestal walk" develops. For one of the principles of a "good" foot is the healthy condition of the muscles. Is it then any wonder that a foot so abused becomes unable to do its work? Is it strange that the ligaments give way, allowing the bones to become displaced? Is it remarkable that the foot loses its spring, becoming weak and flat? Are you surprised that you cannot walk with comfort any more?

The widest part of the perfect foot is at the toes. A glance at your own shoe will convince you whether these "willing servitors" of yours have been clothed comfortably, or have been

“ adorned ” with the so-called “ prison cells of pride.” The usual modern shoe is narrowest across the toes. This shape is responsible for many bunions, for in such a shoe the great toe is crowded against its neighbor, thus throwing into prominence the joint at its base.

As to high heels, if you are interested to see their effect in your own case, get a block of wood shaped like the ordinary “ French heel.” Stand in front of a mirror, with one bare foot flat on the floor, and put the block under the heel of the other. In place of the entire sole, excepting the arch, bearing the body weight, the ball of the “ high-heeled foot ” bears most of the weight, only a little being thrown on the heel. The arch is greatly exaggerated, with severe straining of the muscles and consequent pain.

In X-ray pictures representing the same foot; first in an ordinary French shoe, then in a sensible shoe, the difference in length, by actual measurement with a tape, is shown to be one-half an inch, the shorter foot of course being that in the high-heeled shoe. The height of the instep is increased three-fourths of an inch; while the heel of this foot is raised above the ground an inch and a half.

The girl who habitually wears such shoes be-

comes easily tired. Naturally she grows irritable and nervous. On account of the uptilted heels, the upper part of the body is thrown forward. Good position for deep breathing is impossible, for shoulders sag forward and chest sinks in. The upper parts of the lungs do not get their share of pure air, and offer good ground for the germ of tuberculosis. The effects of wearing high-heeled shoes are indeed far-reaching.

Many "cure-all" devices troop forward for flat-foot. "You certainly have rheumatism of the feet," says one; "You need a course of bath treatments," says another; while a third pronounces his dictum: "Dislocation of one of the vertebrae is accountable for all this trouble in the feet." And so the victim of flat-foot is tossed from pillar to post. She is fortunate if she early falls into the hands of one familiar with both the trouble and the measures for its relief. This condition in its first stages is not correctly diagnosed in fifty per cent of the cases. Among the early symptoms is a feeling of weariness and vague discomfort, although there is no definite pain. When this weakness is first felt, it is noticed only after standing some time. Resting or walking relieves it. Later there is aching, often

lessened by walking on the outer side of the foot.

The girl with flat-foot now begins to observe advertisements flaunted everywhere for the cure of rheumatism of the feet. It is well to remember that although rheumatism and gout are among the predisposing causes, the presence of these diseases can always be detected by symptoms elsewhere in the body. The treatment of flat-foot belongs in the hands of an orthopedic surgeon who has made a careful study of the condition.

A most helpful measure for one suffering from flat-foot is the tiptoe exercise. Spring to the toes, then rhythmically drop to ordinary standing position. Nothing so relieves feet strained from standing as springing to tiptoe. Practise this with feet bare when possible.

Tracings of footsteps along a straight line show the angle at which the foot is turned. You can easily see this for yourself by making a chalk line on a bare floor. The best position, with feet pointed straight ahead or nearly so, is the strongest one, in which the arch is firmest. It has been called the four square position, for a tracing around the feet will form a square, bringing to

mind "A tower that stood four square to every wind that blew." In countries where people carry burdens on the head, and where they are accustomed to walk barefoot, the straight-foot position is the common attitude. Then is the body perfectly balanced.

Troubles of the feet are far more common and cause more suffering and injury to the general health than most people realize. "Keep your feet dry, warm, and free from blemishes" is one of the foundation stones of good health and comeliness.

Stockings often do as much harm to the feet as shoes, for if too small they may exert pressure sufficient to deform the foot. Stockings should have a separate pocket for the great toe. The wearing of fresh stockings daily is one preventive of cold feet.

But how about corns and bunions? The old Latin name for corn was nail. A corn is in reality a nail of horn, for in shape it resembles a cone, and is made up of cells like those of the outside horny layer of skin. The point of this horny nail is directed downward, pressing on the nerves and delicate tissues. No wonder it hurts! Of all methods of treating corns, cutting is the worst. The pressure that has caused the

corn must first be removed. After this is done, rare is the corn that will not succumb to a nightly water dressing or bread-poultice. Another simple measure consists in soaking the feet twice a day in warm water containing a little baking-soda. It is a well-known fact that bottle-washers, whose hands are in such a solution hours at a time, have their nails almost destroyed. In writing this I am well aware that many sufferers will not try this method because it is too simple. Another objection is that it costs nothing. Nor does it offer the satisfaction of using drugs!

And bunions? Here, too, pressure must be removed, the toes straightened into normal position, and kept there. In order to cure bunions and corns, then, we must hark back to proper stockings and shoes.

But as some one has truly said: "Vanity and common sense are unevenly matched foes."

VII

THE SHAMPOO AND OTHER THINGS

WHILE in a hairdresser's shop the other day with a friend who wished to have a switch made of her own combings, I was much impressed by the reply of the proprietor, who said: "We never use American hair in any of our work; it never wears well. All of our hair we import from Europe, most of it coming from the heads of the peasants." These statements set me to thinking, for it is only too true that American girls are greatly troubled with disorders of the scalp.

One of the great secrets of the whole trouble is that girls do not give enough time and systematic care to the hair. To be sure, the modern, high-strung American is not apt to have such a luxuriant growth of hair as the stolid, phlegmatic, European peasant, for nervous people as a rule have less heavy heads of hair than their sisters of the opposite temperament. It is all the more necessary, then, that you assist Nature in caring for your crowning glory. Even in the everyday routine great injury is done to the hair, and

such treatment kept up for three hundred and sixty-five or seven hundred and thirty or ten hundred and ninety-five times a year is sure to show its results after a while.

It is often said that statistics are of no special value, but if I could gather all of you about me to take a peep into the letters that come to me day by day, you could not fail to be impressed by the number that ask concerning the care of the hair in its every detail.

Although the loss of fifty or sixty hairs every day is perfectly normal, nevertheless moulting seasons for the hair are not normal. The results from the ordinary way in which a girl combs her hair would make one fancy that such was the case. In order to keep hair vigorous and in good condition, it must be cared for with great gentleness.

There are so many of us that we can offer all shades, from the old-fashioned towhead to the blue-black of the raven's wing. In the olden times the color of the hair was considered a mark of temperament; the black-haired person was supposed to have a "bilious temperament" and to be strong and vigorous. The light-haired individual was thought to have the "lymphatic temperament," weak and indolent. Light hair

was considered a beauty, but it also indicated weakness, and its owner was supposed to need protection; while the brunette, with brown or black hair, showed strength and vivacity. The possessor of deep red hair was called sanguine, having a violent temper. It has been noted that the oil in red hair often has a strong odor. There is considerable oxide of iron in black hair, and sulphur is found in greater quantities in red or in light hair than in black.

But it is not alone in color that variations occur, for one girl will have an oily scalp, while another has a dry one: one has fine, silky hair, that distracts its owner by matting down and lying close to the head, while fluffiness is the bewitching characteristic of another, envied by all her sisters. This girl is apt to say complacently, when the subject is broached: "Yes, I suppose I am fortunate in having curly hair, though I never think much about it till I see the other girls struggling with curling-irons and crimping-pins."

The question "How often shall I wash my hair?" is very old yet ever new. The harm sometimes attributed to the shampoo depends not so much upon the frequency as upon the method. At the medical school our professor

of dermatology once said: "It stands to reason that if the face must be washed frequently to keep it clean, so must the scalp. The scalp does not differ essentially from the skin of other parts of the body; it needs intelligent treatment, that is all."

If you are exposed to much dust, or if you happen to live in a "soft coal country," then your hair will need more frequent shampooing than will that of the girl who lives in the heart of the Adirondacks. The girl who is a stay-at-home in a country where hard coal or wood is burned will not need to wash her hair nearly so often as the girl who lives in a busy city, where soft coal soot floats about; nor as often as she whose business calls her into the suburbs on frequent railroad journeys. Neither will the girl with dry hair have to shampoo it as often as the one with an oily scalp.

You can see, then, that the hair might be washed under certain circumstances once or twice a week, or you might be able to keep it fresh and sweet by means of brushing, dry shampooing, and sun and air baths for a month, without a regular shampoo. As a rule, I think that once in two weeks is not too often.

If the scalp is healthy, a shampoo of hot soap-

suds will cleanse it. Use the purest unscented soap that you can find. With the finger-tips rub the suds thoroughly into the scalp and through the hair. Thus you will avoid making the hair sticky — a condition almost sure to follow when the cake of soap itself is rubbed on the hair.

You can also massage the scalp gently but firmly. Circulation is thus stimulated, and there is no better way of nourishing the hair than by causing the blood to course vigorously through its vessels. Now is a good time for moving the scalp back and forth on the tissues underneath; the scalp-bound girl will do well to remember this. If the hair is thick and heavy, or long, follow the plan of arranging it in loose plaits before shampooing. Discouraging tangles and snarls that so commonly follow the shampoo are really not necessary if the proper care is taken during manipulation.

Many girls rub the hair on itself while attempting to massage the scalp. Friction is good for the scalp but not for the hair. A professional shampooer systematically parts the hair along every inch of the scalp, beginning at the crown. In this way she is sure not to miss any part of it. This method is easily followed at home.

After the scalp is thoroughly gone over, the

hair itself needs attention. Again, remember! Use the suds only. Wash the braids gently between your hands. You are lucky if there is some one to do this for you, for however thin or short your hair may be, there is no doubt but that some one else can shampoo it better than you can yourself. I have often known of girls who have exchanged this service for each other.

And now for the rinsing. And this can hardly be too thorough. Do not economize either in water or in time in this part of the shampoo. Hair is often imperfectly rinsed after the using of several waters, even including the spray. The last two or three waters should be gradually cooled, so that the pores will contract and there will be less danger of taking cold. Sometimes a little alcohol rubbed into the scalp at the end will accomplish the same purpose. But after all, the glow that follows the brisk manipulation of the scalp with the balls of the fingers is the best preventive of any unhappy after effects of the shampoo.

The method of drying by the hot air blast is falling into disrepute; for after it the hair becomes dry and lifeless. Shaking the hair in the sun and gently rubbing its strands through soft, warm, smooth, lintless towels will leave

it in the best condition, and with a lustre that no other treatment will give. Some people use a linen Turkish towel instead of the ordinary one with great satisfaction. Half-worn, soft towels with a smooth surface are also excellent.

The best effects of a shampoo can never be gained on cloudy, damp, or rainy days. The sun has a great deal to do with the condition of the hair, and that is one reason why the hair should never be washed at night. Sometimes hearing is permanently affected by carelessness in this regard. Hair ought never to be "done up" until it is perfectly dried. Wetting the hair to make it smooth is apt to cause injury at the roots.

Many up-to-date hairdressers use the "hot water brush" for drying the hair, declaring its effects to be most satisfactory. The brush is made of metal; the "bristles" are small tubes, containing the hot water which is poured into the empty back. The handle is then screwed on, and you have an apparatus that distributes warmth throughout the mass of the hair, quickly drying it.

If your complaint is a dry scalp, then at the end of the shampoo get some one to spray the scalp and hair ends with a little sweet oil from

an atomizer. A good shampoo lotion may be made by shaking up one ounce of green soap with twice the amount of cologne water.

Should the ordinary shampoo not be convenient, some time when you are traveling, or when the weather is persistently gloomy, freshen up the hair by taking a dry shampoo. There is nothing better for this purpose than pulverized orris root. Part the hair at half-inch spaces and sprinkle the powder generously on the scalp and through the hair, letting it stay for half an hour; then brush it out.

Indian meal will be just as cleansing, but its odor is not so attractive.

Just a word here to the girl who goes to the professional shampooer. Always use your own brush and comb, which you will, of course, keep clean and sweet. Many evils follow careless habits so common in this regard.

Gray or white hair must be kept scrupulously clean to be attractive, for perspiration makes it smeary and yellow. The curling iron, too, tends to give it a yellow tinge. In shampooing white hair, it is well to add a little bluing to the last rinsing water. Experience will teach the right proportion for one's own tint of hair. Use just enough to make the hair a pure white.

Scalp massage has already been referred to, and one of the best movements is that suggested to the scalp-bound girl. The scalp should be kept soft and flexible, so that it can be easily moved over the skull. By this massage, and by the stimulation of circulation, both of which can be accomplished in a few moments every night before retiring, the scalp can be kept in healthy and vigorous condition.

There are various other movements advised. Brace the thumbs against the face just in front of the ears, then, with the finger-tips making little circles, start from the edge of the hair about the temples, moving firmly up to the crown of the head. Next, rest the thumbs near the crown of the head, and make the tiny circles with the finger-tips from the forehead to the crown. Once more, place the balls of the thumbs in front of the ears, and work with the finger-tips from the crown down to the nape of the neck. In this way the entire scalp will have been covered.

Again, steady the head against one hand, and work with the finger-tips of the other hand from the crown to the hair line. A movement with both hands is accomplished by laying the palms flat on the sides of the head above the ears, with

the fingers pointing backward. Lift the scalp firmly while the whole hand makes large circles. This movement may be applied to different parts of the head. It is suitable for the young and vigorous, but should not be tried on the old and feeble. You will soon learn to move the scalp only, and not to injure the hair by undue friction. If you have the opportunity, go to a practical masseuse for a few lessons. This is the surest and easiest way to learn the knack of scalp massage.

But now comes a question from one of our number who, though still young, finds her hair gradually turning. I have read somewhere of a celebrated American physician who said that the best thing to be done when the hair begins to turn gray is to admire it. Truly this is the most sensible thing to do. If you are still young and find a white hair here and there, I would advise you to pay special attention to the care of your hair as well as to your health in general. Then let the hair take its own course, for dyes are not only apparent; they are many times positively injurious.

So much has been written about the effect of one's general health upon the appearance of the hair that I hesitate even to refer to such a thread-

bare phase of the subject. However, let me tell you of a most interesting article written not long since by an English scientist on the means of prolonging life. He declared that he had observed individuals with whitening hair who, after having devoted several weeks in the summer to an outdoor life, especially mountain climbing, had been rejoiced on coming home to notice that the hair was returning to its original color.

Another authority declares that systematic deep breathing will soon show its good effects upon the condition of the hair, keeping at bay the blanching spectre. After all, this does not seem far-fetched, when it is considered that the hair must share in the general state of the health. Deep breathing is merely a method of prolonging life by feeding the body with oxygen. Why should not the stimulation of this life-giving element ascend to the hair, imparting its regenerating effect. In any case, deep breathing is always beneficial, and its effects can but be good.

If the hair will turn despite all precautions, make the best of it. Some of the most strikingly beautiful women one ever sees are those whose hair has prematurely lost its color. Nature is as skilful in harmonizing our color schemes as she is

in harmonizing those of the trees and flowers. We shall do well to follow her leading.

The hair needs local airing and sunning just as much as the lungs need oxygen, but the sunning must not be overdone, for it is very possible to fade the hair by exposing it for too long a time to the brilliant rays of the sun, especially when one is near the water in summer. The scalp is as susceptible to sunburn as is the skin of the face and hands; in cases of thin hair the danger is greater than when there is an abundant suit.

You are well aware that in the case of an animal, a dog or a horse, for instance, the hair immediately shows the effect of ill health. Many times, in the case of falling hair, the first step to restore its beauty, is to build up the general health. Since hair is a form of skin, does it seem strange that proper diet, plenty of outdoor exercise, deep breathing and frequent bathing, all have a very great influence on its beauty?

VIII

A TALK ABOUT SUPERFLUOUS HAIR, HAIR REMOVERS, AND HAIR TONICS

MANY girls who are tempted to try depilatories — hair removers — so freely advertised throughout our land, may like an insight into the nature of such preparations. These nostrums are oftentimes made up with certain proportions of lime. In many instances the remedy is a paste, and directions are given for rubbing it over the afflicted parts, letting it remain a few moments, after which it is to be scraped off with a dull-edged spatula; you are promised that the hairs will come off at the same time. Perhaps they will, but what good have you accomplished? Your great desire is to kill this ugly growth, and the only way possible of accomplishing the result is to destroy the hair papilla.

The application of the paste has at best destroyed only the part of the hair that you can see. It has not affected the root, and presto!

in a few days you have a growth that is coarser and more beardlike than before.

Perhaps, instead of using some "secret remedy," you prefer to go to an "institution," where all of these defects are "magically" removed by "skilled doctors." Hundreds of thousands of dollars are yearly expended in advertising by men who own and conduct these establishments. The girls who go to these places for treatment are helping to pay for these advertisements. Very often the "doctors" who are employed are unscientific men working for very small salaries, who were not able to get along by themselves in the legitimate practice of medicine. As a rule they are incompetent and do not give any satisfaction whatever, for they have neither the anatomical knowledge nor the skill that comes from experience in treating such troubles.

The girl who goes to them for the removal of superfluous hair soon sees a new crop appear, and the method — electrolysis — is then blamed, rather than the advertisers.

In the hands of the most skilled physicians almost no scars are caused by electrolysis and hardly any pain. Pain comes from the use of improper batteries — the strong street current

often being used in the work — and from the use of improper methods.

Do the hairs ever return after proper treatment by electrolysis? A certain proportion of hairs, from one-half to one-eighth of those removed, will probably return, though I have known of fifty hairs being removed at one sitting with a return of only two. However, as only a proportion of the hairs removed will return, a limited number of treatments is sure to eradicate them entirely.

Oftentimes, when hairs have been pulled out and cut off repeatedly, the irritation has so strengthened the root that only a part of it is killed by the first treatment.

Cutting, shaving, and pulling out the hairs, do to a certain extent stimulate them. The hair is never again as silky, glossy, and fine as it was in the first place. It assumes a more masculine aspect. The hairs take a firmer hold. Anything that produces a redness — that is, that calls more blood to the parts — has a tendency to make the hair grow.

Finally, the application of certain so-called "skin foods" is sometimes followed by stimulation of the hair, whether the oil in the cream is animal or vegetable.

In investigating the subject of "hair removers," I began to hear about the so-called "hair tonics," and it was not long before I realized two truths: first, that, for the most part, many of these "hair tonics" are perfectly worthless, and, second, that when they are not worthless many are dangerous. I was surprised at the prices charged for these "tonics," and determined, by the friendly aid of a chemist, to find out how much they cost to make and what they were sold for. Here is a list of six of them: The first sold for seventy-four cents; it cost to make six cents. The second sold for eighty-two cents; it cost to make eight cents. The third sold for one dollar; it cost to make eleven cents. The fourth sold for one dollar; it cost to make nine cents. The fifth sold for one dollar; it cost to make twelve cents. The sixth sold for one dollar; it cost to make eleven cents.

One "hair tonic," selling for one dollar, contained: water, six ounces; borax, one drachm; and one teaspoonful of rock salt. This was colored with a little carmine, and the cost of making it was about three cents. Yet this is one of the most popular "hair tonics" on the market, and eagerly bought by thousands of girls and women!

I happened to know a doctor in New York who was a skin specialist, and I was told that scores of girls and women go to him each year to undo the ravages and serious results that accrue from the use of hair "restorers" and "tonics." I asked this doctor if he ever had occasion to treat any cases where hair "restorers" had actually poisoned girls and women.

"Not only have I such cases constantly," said the physician, "but that girl who has just left my office, and whom you saw being supported by a maid, was partly paralyzed from the use of a very well-known 'hair-renewer,' so called. I have a patient who used a 'hair wash' that poisoned her. It began with an eruption on the parts where the 'wash' had been applied. Another girl I am now treating was silly enough to use a preparation which, it was alleged, would bleach her hair. She developed a severe case of inflammation of the scalp, face and neck, and is now suffering from neuralgia.

A girl in a fashionable millinery store wanted to color her hair a Titian red, so she bought a dye that was put up in two bottles. It was not the first time that she had used this preparation, and as she had never before experienced any trouble from it she had no fears about apply-

ing it again. A patch of eczema, however, appeared on her scalp; it spread and spread till not only the scalp was one mass of eruption, but the loathsome disease finally extended over her entire body. For three weeks the girl was unable to leave her room, and several months elapsed before the trouble was cured.

One reason why we do not hear more about the evil effects of hair dyes is that the girls who use these preparations are very sensitive about speaking of their effects. Even when poisoned, such girls will go quietly to a doctor for relief, and the tale of woe travels no further.

"I cannot imagine," said this doctor, "what possesses women to run such risks by tampering with these dangerous preparations for the hair."

"A woman's hair is very dear to her," I ventured.

"Exactly," he returned, "and that is why I marvel at her willingness to risk the danger of these preparations."

"You think, then," I asked this man who knows, "that many of these hair 'lotions,' 'tonics,' and so on, are divided into the two classes: the one dangerous and the other worthless?"

"Absolutely," he replied with decision. "I

have analyzed many of them, because I have had cases come to me from the use of almost every preparation on the market. And there is not a single one, *not one*, that I have ever come across that is worth two cents or that is not dangerous."

"Why are they useless?" I asked.

"Well, take what are called 'hair removers.' The best authorities state that those preparations act only on the hair above the surface, not on the roots. They destroy the shaft well down into the hair follicle only. None of them destroys the hair papilla. Therefore they constitute only a closer kind of shaving, but, as they cause more irritation than shaving, their final effects are worse. The hair, of course, returns, and returns stronger than ever, for, as every man can tell you, shaving stimulates the growth of the hair. The same way with these 'hair removers.' A woman might just as well shave herself as to use these 'removers.' And shaving would be a thousand times safer."

"And the others are dangerous because—" I continued.

"Because they contain either lead or other metallic substances which are poisonous, or they have in them a strong caustic alkali that irritates the skin. The whole business should be forbid-

den by law, since women do not seem to be able to shun the use of these things, dangerous as they are."

"Then what shall a woman do if her hair begins to fall out or turn gray?" I ventured.

"Go to a reputable doctor, for such a condition may often have nothing to do with the hair. It may be due to some irregularity of the system, some impoverishment of the blood, some defect of the circulation. The result is shown in the hair, but the trouble does not lie there. That lies in the body, and a woman can go on until doomsday using a 'hair tonic,' a 'restorer' or what not and it will not reach the seat of the trouble. She is not well physically; her body is ailing — not her hair; it only shows there."

And, from all the inquiries I could make, extending over several months of careful work and investigation, I found the words of this doctor to be all too true. There can be no question of the danger or worthlessness of many of these hair remedies. A woman undoubtedly either wastes her money in the purchase of them, — and that is the least consideration, — or in their use she courts danger.

IX

WHAT THE ADVERTISED COSMETICS AND "BEAUTIFIERS" REALLY ARE

MANY girls will doubtless be interested to discover the true inwardness of some of the well-known secret preparations for sale on the market to-day. One of these is a "balm." It is put up in a cheap glass flask, tied with a bit of ribbon. The ingredients of this "magic beautifier," besides water, are oxide of zinc and corrosive sublimate, the latter a deadly poison. The price of the flask with its contents is \$1.50, a sum gladly paid by many a poor girl. The real cost is not more than ten cents.

Another preparation is a moth and freckle lotion. It is made up of "corrosive sublimate in almond paste or emulsion with water." It is also sold at the modest cost of \$1.50, its worth being at most ten cents.

Then a soap, scented and stamped with a certain magic name, sells for fifty cents. In reality this article is only an ordinary toilet soap, usually selling for ten cents a cake. The

"cream" in this series is a mixture of glycerine, zinc oxide and mercuric chloride (corrosive sublimate) scented with rose. These famous preparations have been the means of coining thousands of dollars for their ingenious promulgator, while in reality they are ordinary, cheap preparations condemned by physicians especially on account of the corrosive sublimate found in most of them.

Many powders contain lead. Indeed, some have been found by analyses to consist almost entirely of carbonate of lead, commonly known as white lead. A certain dermatologist tells of an experience he once had at a mineral bath resort. He was called in haste to attend a well-known actress. On entering the room, he found the patient literally "black in the face" — and neck. She was in the habit of using a cosmetic containing lead. Consequently the effect of her first sulphur bath was most appalling. The discoloration affected not only the surface of the skin, but also showed itself deep down in the pores, and she was a sorry looking sight. When sulphur comes in contact with lead on the skin, the effect is disastrous to beauty. Soap and water have no effect on such discoloration, which looks like indelible ink. The sebaceous

matter in the pores gets mixed with the lead, and the ordinary blackhead looks fair in comparison with the result. The only way to get rid of these little black plugs is to squeeze them out. But discoloration from the use of lead powders is one of their least harmful effects.

A girl came to a physician one day with all the symptoms of chronic lead poisoning. Her hands and arms were weak and unsteady. She found it difficult to write, and walking had become a task. She suffered from colic and her digestion was deranged. There was a coppery taste in her mouth every morning on waking. An ugly, dark blue line at the margin of the gums was a telltale landmark.

The girl grew worse until she could neither pick up nor hold anything with her hands. Weakness in the hands was first noticed at a "taffy-pulling," where she dropped a skillet of hot syrup. At last she could not extend her fingers, and what is known as "wrist-drop" developed, that is, her hands dropped at the wrist and she had no power to raise them. So weak was her back that she could not hold herself up, but leaned her body over in the old-fashioned "Grecian bend." The first physician consulted thought that the trouble was spinal

disease, and fitted her with a brace; but her condition grew worse and a second physician was called in, who, after a careful examination, pronounced the condition chronic lead poisoning. This is only one of many similar instances. Delirium and convulsions have been caused by the long continued use of lead powders. Many powders warranted to be free from lead contain other very injurious ingredients, and disfiguring eruptions are sometimes caused by them. Whatever powder is used, it should be absolutely fresh; for even starch, when stale, is irritating. Talcum is as innocent as any adherent powder. A certain powder purporting to consist chiefly of bismuth contains none of this mineral, but is made up of chalk and clay. Nearly all bleaches contain mercuric chloride, always risky to use, as it is a deadly poison.

“But,” you ask, “what about the Pure Food and Drug Act? Hasn’t that made any difference?”

Fortunately for foolish girls it has, and many preparations formerly harmful are now simply worthless. A certain bleach is made up of water and Epsom salts, costing the maker about three cents. Another bleaching lotion is a concoction of Rochelle salts and lemon juice. This lotion

is sold for two dollars a bottle. A face rouge is a mixture of a poor quality of rose-water and ammonia, brightly colored with a little carmine.

A certain modern "mole-remover" consists of water and a little perfume. The directions on the bottle are: "Apply this to the mole or wart with a toothpick, using care not to apply too much. Rub gently with toothpick until a soft jellylike substance appears. Allow to remain on for a minute or two, then apply ordinary vinegar in the same manner to prevent scarring. A scab will then form which will drop off in a few days, after which, if the surface is not entirely smooth, repeat treatment. Allow the solution to get on no other part than that treated." Of course the only thing that can have any effect on the mole is the acid in the vinegar that you furnish yourself.

If girls would only talk with a physician about the danger of starting malignant growths simply by the irritation of moles and warts, they would realize the danger of tampering with such blemishes.

Recently I talked with an old German chemist who at one time was employed for several years in "beauty parlors and institutes," where

they claim to do all sorts of things to make girls and women beautiful.

One day, he said, a girl came in who was going on the stage, and as her skin had begun to wrinkle she wanted to have the wrinkles removed. The "Doctor" said he could do it. Then he used what is called the "paraffin treatment" — that is, he injected paraffin in six places on each side of her face. This was to get rid of both the worry wrinkles and the scowling wrinkles on the forehead, the crow's feet at the sides of the eyes, the lines each side of the nose, and the laughing wrinkles at the corners of the mouth. And the last injection was on the chin, because the girl had what the "Doctor" called jowls. The German said that after the "Doctor" got through with her she was a perfect scarecrow. When her face was still she looked as if some one had dabbed her in those places with a stick of white chalk. There were twelve perfectly white streaks. But when she grew excited or laughed or moved her face, the spots turned a blood red. The "Doctor" got twenty-five dollars from her for all this, and she was such a looking fright that she never could get on the stage!

Another girl came in one day, and the "Doctor" injected some paraffin into the skin of her

nose to change its shape. "No one knows what happened," said the German, "whether a vein was struck or what, but the girl had the most dreadful looking nose that you could imagine. It was all black and swollen and was in a terrible condition. The girl was in agony. She came several times, and each time she was worse, until finally the 'Doctor' refused to see her."

Another girl wanted to have deep wrinkles around her eyes removed. So they took a tuck, as it were, in her scalp, but they made it too deep and instead of smoothing out her temples, it left her with the corners of her eyes drawn outward, so that she looked as if she had been cut on the bias!

The men at this "institute," said the German, professed to make crooked noses straight. He said scores of women would come to be treated for their noses, and that some weird looking features were turned out, for they often cut the noses in the wrong places!

He told me, too, of a young opera singer. Thinking she would have a few lines in her face filled up, she went to this "Doctor's" parlor. After the work was done, she had red bumps instead of faint lines, and, of course, she had to leave the stage.

Another girl he knew was an actress. She was very pretty, but her nose was a little tip-tilted; so she had an injection of paraffin, and it made a lump on her nose that looked like a goose egg. It disfigured her so that she has never been able to get a position since.

Then I asked the old German how it was that this "beauty parlor" could show you such a number of photographs of people who had had their noses fixed over. One photograph would show a woman with a bad nose, and the other would show the same woman with her nose straight.

The old German laughed. "First they take an ordinary photograph," he said. "Of course, that shows all the wrinkles, the bad features and the bad nose. Then they take a photograph of the first photograph, and this last one they touch up themselves, just as they like, and the result is, of course, just what they want to make it. But it is not a real photograph, although it may look like it."

Various processes are advertised for rejuvenating the skin. One of the most painful of these is the iodine treatment. By it the skin is peeled off and the tissue underneath left raw. When healed, the new skin is more sensitive than a

baby's and as expressionless as a wax doll's. Within a few months thousands of tiny, linelike, crisscross wrinkles appear, until the face wizens up like a shriveled apple. Another method, making use of carbolic acid, sometimes gives rise to carbolic acid poisoning.

The other day, at an afternoon tea, I saw a woman with a most curious-looking complexion. Although the skin had no blemish, it looked so thin and so tender that one felt that a finger touch might cause pain. The woman's face had evidently been peeled! But the original "old expression" still remained. The contrast between the babylike skin and the real age of the face called forth the remark that "Age showed through a mask of kittenish juvenility."

Beware of using tinted cosmetics! A certain pink lip salve in common use, although doing no harm when the skin is not broken, is injurious when used on a cold-sore or on cracked lips.

Carmine, after long-continued use, turns the skin dry and yellow. Vermilion is an active poison. But whatever is used that would choke the pores of the skin should be applied after a bland cream is rubbed in. One of the best creams for general use is that made according to the official formula.

Rouge for theatrical purposes is indispensable, but it should contain no harmful ingredients, and it ought to be removed as soon as possible,

A certain preparation advertised to produce rosy cheeks without the help of rouge consists of a powdered silicious sponge. Examined under the microscope the preparation is seen to be made up of multitudes of tiny silicious needles.

These sharp spines stick into the skin, irritating it, thus causing it to redden.

Many freckle lotions are either worthless or harmful, often containing mercuric chloride in injurious quantities.

Many a girl's complexion is ruined beyond repair by the use of injurious cosmetics. Never mind if these tempting powders and "balms" do masquerade under attractive names; do not be tempted to use anything of the sort without first consulting a physician.

Have you not often noticed the effect on the skin of poor physical condition? Perhaps no other part of the body so quickly shows it. Physicians are realizing more and more the connection between the condition of the health and the appearance of the skin, and do not treat lightly the case of a girl who presents herself with a blotchy complexion. The trouble is not

merely superficial, but demands skillful insight and treatment. The cause of this condition must be removed before the complexion will be clear. Overeating, constipation, a sedentary life, the breathing of impure air, lack of sleep, nervous overstrain, violent emotions, such as anger — all these are bound to show their unpleasant effects sooner or later in the skin, the index of what is going on throughout the whole economy.

X

THE "SECOND FACE"

It is remarkable how much can be told from the hands of a man or a woman by one who has made it a subject of study. Many suggestions concerning the health, habits, occupation and character may be gleaned from the mere grasp of the hand by one who is a keen observer. There are several characteristics apparent to even the most indifferent. If you shake a hand that is cold and dry, are you not immediately conscious of an uncomfortable sensation? Do you ever wonder what these characteristics indicate? They may mean anemia, or starvation, or very likely they are an index of feeble circulation.

If, instead of being cold and dry, the hand is cold and clammy, and tremulous as well, then you may suspect dyspepsia, hysteria, melancholia, or some depressing emotion such as worry or terror; or this condition may be due to tea or alcohol or tobacco. The tuberculous patient often has a hand that is hot and dry and very thin. The hand of one suffering from cancer is often dry, as

is also that of the person with chronic kidney trouble. Sometimes excessive sweating of the hand is an indication of chronic disease. The physician gets many valuable hints about his patient from the condition of the hands.

Occupation frequently leaves its stamp. How quickly you can detect the hand of a seamstress by looking at the pricked and blackened left index finger. There are often corns on the left fingertips of violinists.

In some people there are certain brown spots on the backs of the hands. These spots do not disappear when put under pressure. This appearance has been noted in the case of certain diseases, such as tuberculosis. The hands nearly always grow red in one subject to rheumatic gout, no matter how white they may formerly have been. You have often noticed the joints distorted from rheumatism. Sometimes, indeed, the whole hand is left swollen and out of shape because of this disease.

In its power of expression the hand stands next to the face. A modern writer on the hand says: "That it is what it is, the most active physical representative of the personality of every human being, entitles it to a regard and care which it amply repays." It is in direct communication with

the brain, and it naturally expresses what is in the brain.

The perfect hand has two essential characteristics, beauty and usefulness. The beauty of the hands depends quite as much upon the condition of the health as does the beauty of the complexion. Hands are fully as expressive of character as is the face. A pretty face loses half of its charm, if the hands show lack of care. Well-groomed hands are a very potent element of fascination, that mysterious quality so coveted by all girls. A hand to exert its greatest influence must be a "capable" hand. It must look as if it did its share of the world's work; undeveloped, it amounts almost to a deformity.

All girls cannot have classically beautiful hands, but there is not one who cannot, by her own efforts, have attractive hands.

The prettiest hands that I ever saw belonged to a woman who did all the work, including the washing, for her family of seven; so, although housework may have fallen to your lot, do not despair. There is still a great deal of hope for you if you are really in earnest about keeping your hands dainty. This friend of mine never purchased high-priced toilet preparations, for she was a genius and used what was easily accessible.

After having her hands in water, they were always dried with powdered starch. When her hands were not very much soiled, soap was passed by, oatmeal being substituted. This was just the ordinary breakfast oatmeal, put into little muslin bags holding two tablespoonfuls each. When used, the bags were soaked and squeezed in the water. Hard water she had to contend with, so this was always boiled before using in order to soften it. Into the basin of water a few drops — about a dozen — of the compound tincture of benzoin were put. For both oatmeal and benzoin tend to whiten the skin and make it soft and delicate.

Before polishing the stoves, a little lard was rubbed under and around the finger-nails, protecting them from the grime of the blacking. Unavoidable stains were removed immediately with the skins of raw tomatoes, or lemon juice; and ink stains with the fumes of a burning sulphur match. Sometimes the head of the match was wet and rubbed on the spot. When obliged to keep her hands in water until they were shrunken, into vinegar they went, coming out from this bath in normal condition. Before doing work that would discolor the hands, vinegar was rubbed over them and allowed

to dry, for the vinegar forms a protective coating.

Many an onion she peeled and many a codfish she shredded, but they had no terrors for her, for she knew that the unpleasant odor could be removed by rubbing dry mustard over the hands, or by putting them into mustard water.

A pair of chamois gloves were worn whenever it was convenient, for the texture of the chamois keeps the dirt from penetrating to the skin, thus offering a great protection. Before putting down carpets or cleaning house, this wise person ran her nails over a cake of softened castile. After the work was finished she had but to press gently on the nails to remove the bits of soap that had proved such good protection.

Her toilet cream was a specialty of the neighborhood, and was made up of mutton tallow, lemon juice, and honey. These ingredients were put on the back of the stove to simmer until thoroughly mixed. A favorite paste was made of camphor, honey, and powdered sulphur. An occasional use of cornmeal helped to keep the hands smooth. This was sometimes used for drying the hands, and occasionally in place of soap.

Girls who spend their days in household du-

ties may find a certain amount of diversion in matters of the toilet so easily attended to.

The nails, in order to indicate good circulation and general health, should be clear pink in color. If this changes to a dusky shade there is suggested a deficiency in the action of the heart and lungs, or it may be that the body is not sufficiently nourished; this condition sometimes occurs also in cold weather, or in persons who are very feeble. It has been said that salt air quickens the growth of the nails, and there is also a tradition that great grief destroys them. It is well known that often the nails are pale in those suffering from tuberculosis, are yellow in cases of jaundice, and purple in certain disturbances of the circulation.

Although in most towns one can generally find a professional manicure, still such work is never so cheap but that a girl feels she can economize by doing it herself. The process is very simple and so are the implements, although these may be as elaborate as you wish. One needs a pair of curved nail scissors, a nail file, an orange-wood stick, a chamois buffer or polisher, a little vaseline or cold cream, and a box of nail powder. The nails should be manicured twice a week, and this, together with a little daily

care, will keep them in good condition all the time.

First, the hands should be washed with warm water, not hot, and a mild soap. White castile or the fine French toilet soaps may be used, or any good soap that you have found agrees with your skin. Dip the fingers for a moment into a bowl of warm water into which a little benzoin has been dropped. File the nails to an oval shape — do not point them — being careful not to go down into the quick at the side. Avoid, also, going too deeply under the free end of the nail, as this will shorten its normal length, and so will leave an undue stretch of dull white surface.

Next, with the orange-wood stick, gently remove any foreign particle from beneath and around the nail, pressing back the skin from the root. Do not use any force, for this will cause a bruise and there will probably soon appear a tiny white spot, the bane of so many girls. Never use a metal instrument for cleaning the nails, as this scratches them and roughens them so that dirt is easily ground in.

Many manicures condemn any clipping of the cuticle, but this is sometimes necessary, especially when there are hangnails, or agnails, as

they are properly termed. Such little wounds offer an excellent starting-point for infection, and should be carefully avoided. They are commonly found on the hands of girls whose skin is dry, or on hands used for very hard work. White spots, too, are far more likely to occur on nails that are too dry and not well nourished. In such a condition it is a most excellent plan to rub cocoa butter or mutton tallow thoroughly into all parts of the nail every night. This will help not only to keep them in good condition, but it will do much to prevent white spots, and to keep the skin from growing up in that ugly way over the dainty white crescent. Now for the last touches.

Although it is not absolutely necessary, a little emery board is a great convenience in beveling off the edge of the nails, and in taking away any tiny rough point that may have been left after filing. The nails are then ready for polishing.

A bit of vaseline or cold cream is first rubbed over them, and the powder is applied. A little vigorous rubbing, not hard enough to heat the nail, will put on a suitable lustre. Avoid too high a polish, as this looks artificial. The liquid enamel sometimes used is likely to be too highly colored and gives a varnished look. If the skin

about the nails is sensitive, it is a good plan to apply a drop of sweet oil, or a bit of the ointment of oxide of zinc, that is very healing. Put this on with a wooden toothpick.

After polishing the nails with the buffer, dip them again into warm soapsuds, and with a very soft brush run over the nails in order that every particle of the powder may be removed. After carefully drying, the nails may be given their final touch by rubbing them on the palm of the other hand.

If you go to a professional manicure, she will probably use an antiseptic into which is dipped the orange-wood stick. This precaution should always be taken, as infection is very easily carried by wood. I have a friend who was severely poisoned by a stick that had not been properly treated in the hands of a manicure. The use of pumice-stone for the removal of stains is often advised, but even the prepared block of pumice sometimes injures the skin. It is far better to make a soap ball yourself in the following way: Shred up a cake of castile soap, and put it into a little water on the back of the stove until it melts; then stir in about a teaspoonful of pumice-stone that has been twice pulverized. The grain of this is so fine that it cannot cause any injury.

After this mixture has partly cooled, it is moulded into a ball or cake. Whenever you wish to use it, the ball should be dipped into warm water and rubbed on the stains.

If you are unfortunate enough to bruise a nail badly, hold it in water as hot as you can bear for half an hour. In this way you will generally be able to prevent the settling of the blood under the nail. If you burn your hand, and this will not happen often if you take the precaution of wearing gloves, dust dry baking-soda over the injured spot, binding up the hand with a damp cloth. This is an excellent remedy for burns.

If obliged to wash your hands so frequently that they begin to show injurious effects of soap and water, try cleansing them with olive oil or cold cream. The beautifying effects of such an emollient are well known. A girl with very exquisite hands says she has not washed them with soap and water for years. She uses only olive oil for cleansing them.

No girl can afford to neglect her hands, especially at night, when the application of a little cold cream or mutton tallow will work wonders before morning.

XI

THE WINDOW OF THE SOUL

(1)

ON the first morning of a delightful visit to the Catskills one summer, my eyes opened to the most exquisite light filtering through grass-green shades. The whole tinting was one with the restful tone of the tree-tops that surrounded the house on every side.

At breakfast I spoke to my hostess of this, and she answered: "Yes, Doctor, I had those shades painted."

A few days later, while on a little trip to Massachusetts, to my discomfort I woke with the earliest dawn. Instead of the soft hues of Nature that had soothed both eyes and nerves in my friend's mountain home, the brilliant rays of the sun were intensified by the bright yellow curtains through which they shone. Surely much of our comfort depends upon the treatment that our eyes receive.

A subdued light is always desirable when the eyes are not being taxed by work, but reading,

studying, and sewing, and any labor that requires keen eyesight, are best done in unobstructed daylight. You who have to use your eyes many hours each day, by a little care will be able to lengthen the time of their usefulness by many years.

In our daily tasks it is well, every now and then, to raise the eyes from the book or needlework and to let them rest for a moment or two upon the most distant object in view. This little manœuvre is wisely practised by those who are using the microscope.

If you live in a city, and are fortunate enough to have your room on the upper floor of a skyscraper, you need only lift your eyes to see the distant horizon. Perhaps your window commands the view of river or harbor, where the boats are plying up and down. However, if your view is not extensive, help yourself out by having some landscape pictures hung on the wall beyond your desk, and look at them now and then, seeing, not the flat surface of paper or canvas, but the sky, the woods, and the mountains which they represent.

When away on your vacation next summer, especially if you go down to the shore, where the glare of sun and water is so uncompromising,

the dainty sunbonnet, which of late years has not been in high favor, will be most comfortable. Its shade affords great protection to the eyes.

But we cannot all stop working when the sun goes down, and the evening light is, therefore, an important consideration. If you use a kerosene lamp, be sure that it is a good one, properly shaded. The student lamp is satisfactory.

One of my college friends could not sit in the body of the church and look up at the minister without the most painful fatigue. She could, however, go up into the gallery of the old-fashioned New England church and look down without any discomfort.

It is a great temptation, if you have slightly overstrained your eyes, or if they are inflamed from any other cause, to rub them when you wake up in the morning. Resist this inclination. If you feel that an eye-wash of some kind is necessary, you will find equal quantities of camphor water and a three per cent solution of boric acid a simple and effective one. This lotion should be filtered and used with an eyecup. While holding the glass by its stem, lower the head while the rim of the glass is fitted around the eye. Toss the head back and raise and lower the eyelid slowly ten or fifteen times.

Another simple lotion, that you should make every time you use it, or at least every few days, in order that it may be perfectly fresh, consists of one scant teaspoonful of boric acid crystals to a pint of boiled water. This also is used with the eyecup. It is convenient, when buying the boric acid crystals, to order about two ounces. These lotions may be used when the eye is slightly inflamed from overstrain, or dust, or perhaps as the result of a cold.

Last summer I took a young girl who was slightly near-sighted to consult an oculist. After a careful examination the specialist decided that as long as the patient was not using her eyes for any close work at the time, glasses were unnecessary. Feeling so well satisfied with the result of the interview, I was much surprised, on coming out of the office, to hear my friend say:

“ Well, the doctor didn't tell me anything different from what the optician said about my eyes a year ago. Why should I pay a big fee for the same advice? ”

I have found it very difficult to reason with people who hold such views. Hardly, till a girl studies the eye thoroughly herself, can she realize the necessity of the utmost skill in an examination of this organ. It is only a physi-

cian who has given years, not only to the study of the eye itself, but to the body and its diseases in general, who is capable of giving an expert opinion. In many cases it is the oculist who first finds evidence of some serious, obscure disease; and in many other cases the general physician, when he detects certain symptoms which puzzle him, sends the patient to the oculist for final confirmation of the diagnosis.

So really, when your eyes begin to bother you, even ever so slightly, the most intelligent thing you can do is to consult a conscientious oculist. For although you may notice only a slight congestion, the specialist may discover some growth that ought to be removed, or some diseased condition that needs immediate treatment, or he may find that an operation is necessary for the future usefulness of your eye.

I so often hear people say: "I don't intend to go to an oculist until I can't put it off any longer, for as surely as I go he will find something the matter, even if my eyes are in perfect condition. I know he will make me wear glasses if I go to him, and I hate glasses and don't mean to wear them."

It does not make you any older to go to the oculist, and it may save you much trouble later.

You cannot be too careful in your choice of this expert, but having once decided upon the best one that you know, you should lose no time in consulting him if you detect any possible trouble.

XII

THE WINDOW OF THE SOUL

(2)

It is said that one of the striking charms of Empress Eugénie's face is the downward tilt of the outer corner of the eye. This is an example of the well-known fact that the beauty of the eye depends more upon its setting, appendages, and lustre than upon shape or color. For, generally speaking, the differences in the size and shape of the eyeball are comparatively very slight.

Classically beautiful eyes are placed widely apart, the distance between them being the length of the eye itself. The old masters' conception of womanly beauty found its expression in their portrayals of the Madonnas, whose eyes are invariably well apart.

Although there are many senseless traditions as to the meaning of different characteristics of the eye, such as its variation in color, in setting and so on, nevertheless, the eye is the feature upon which we depend in great part for our read-

ing of another's character. It is the part of the face through which the soul seems to shine. The eye is so magnetic that we are often mistaken in referring to it expressions that really come from the eyebrow, the moving of a lid, or even those emanating from a more distant feature of the face. The eye is the magnet which draws toward itself all of the varying fascinations of the face.

It ought to be a comfort, then, to every girl to feel that in large part the beauty of her eyes is under her own control. As far as the eye itself is concerned, its chief beauties are its expression and its lustre. Color is a subordinate factor. While the expression of the eye is dependent upon the character, the lustre depends upon the bodily condition. Those girls who are so interested in the effect of drugs — such as belladonna — upon the eyes, would find a few nights of “beauty sleep” worth all of the drugs in an apothecary's shop. The tint of the white of the eye is a far more important element of beauty than is the color of the iris. It is here that the physician so often finds an indication of over-fatigue or of disease. Almost any girl could pick out the yellow eye of the bilious sufferer. The desirable tint of the white of the eye is not an ivory white, but a delicate violet tint.

I cannot resist the temptation to speak here of the effect of deep breathing on the lustre of the eye, for good circulation plays a most important rôle.

Girls are beginning to realize what beauty a well cared for eyebrow adds to the appearance of the eye. I have a friend to whom nature gave heavy black eyebrows that met over the bridge of the nose. They gave her a positively sinister appearance. By means of electrolysis she had a number of hairs removed, thus separating the brows. The whole character of her face was changed and improved.

If your own brows are moderately heavy and dark, you can easily see, by ruffling them up and placing the hairs in different positions, how distinctly you can change the expression of your face. No one knows this better than the actor, who depends much upon the arrangement of this feature for the expression which he wishes to portray. Tiny eyebrow brushes may be bought for keeping the brows smooth. Some girls have to contend with an erratic growth of these hairs, but do not despair, for patient training will overcome these natural tendencies. Every time that the toilet of the face or the hair is made, the brows should be gently brushed, so that they will lie in a delicate curve. For the

obstinate hairs that will refuse to grow in the proper direction, the application every night of gum arabic solution will work wonders.

Scanty eyebrows are a great trial to their possessor. I know two girls who were distressed in this way. One persistently rubbed vaseline into her brows daily for a year, while the other made use of olive oil in the same way. Delicate arching brows resulted in one case, while a luxuriant growth was produced in the other. The same treatment very carefully given will often act similarly on the eyelashes.

Puffy eyelids which will not disappear with strict attention to the laws of health generally indicate some disturbance that needs the personal supervision of a physician. It may be that the liver is out of order, or it may be that the kidneys are not properly performing their work. Such a symptom should not be neglected. In other cases this unpleasant condition is due to inflammation of the lower lids.

Dark rings under the eyes, the despair of many girls, depend primarily upon some disorder of the circulation. I know of many cases in which this trouble has been corrected by early and long hours of sleep. This appearance, too, is more common in girls with very thin skin.

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An astringent mixture composed of twenty grains of tannic acid to an ounce of glycerine applied to the relaxed tissues under the eyes by means of a bit of gauze, night and morning, helps to restore the natural tone. A simple massage movement consists in pinching up these flabby parts between the thumb and forefinger. This also diminishes the dark rings.

The colored people in the South sometimes complain of "wild hairs" in the eyes. This expression refers to ingrowing eyelashes, a source of great irritation. If you are ever troubled with a "wild hair," its removal will afford instant relief.

The disagreeable watery eye does not necessarily indicate a chronic disorder, for sometimes it is due to over-fatigue alone. Catarrh or an ordinary cold may be its exciting cause.

A good lotion to use in simple cases is made up of ten grains of sodium borate, one drachm of camphor water, and one ounce of distilled water. A few drops of this may be put into the eye three times a day, by means of an eye dropper. The easiest way of inserting it is gently to pull the lower lid out and slightly downward. The entire drop is then easily retained, and distributed over the surface of the eye.

In extracting a foreign body from the eye, the person should be told to look down. By grasping the lashes of the upper lid gently, but firmly, it can be easily turned back. If the offending particle is in this part of the eye, it can generally be quickly taken out by means of a twist of linen or of tissue paper. If nothing is found here, the lower lid should be grasped by the lashes and pulled slightly downward and outward. The eye should never be rubbed outward.

Pink-eye, a common disease, and trachoma are contagious affections of the eye often found, especially in school children in large cities. Such diseases should receive the most careful attention. In the home separate towels and washcloths are absolutely necessary in order to guard against the spread of the contagion.

Tiny black specks, known in medicine by the Latin term of "flitting flies," frequently give rise to much anxiety. If you are troubled in this way, however, do not worry. Oftentimes such a symptom is of no significance. Sometimes it means that you should take more exercise and be more careful of your diet. It is always more satisfactory, of course, to know what the oculist thinks about it. For if there is any obscure trouble that needs his attention he will quickly detect it.

As soon as the pus of a sty is formed, an outlet should be given to it, for until this is done it will not get well. If you do this yourself, use the point of a sharp needle that has been dipped in boiling water. In the beginning of a sty, cold applications may be helpful, but in the later stages hot applications are more desirable.

No one but an oculist is capable of intelligently treating eyes whose muscles are weak, or those with short sight or long sight. He has to perform many tests in order to determine just exactly the kind of glass that is necessary. Spectacles have long been considered better for the wearer than eye-glasses, but the latter are now so skilfully adjusted that the advantage of the spectacle is really inconsiderable.

The heroine of a novel that I have just been reading is characterized by the way in which she moves her eyes. Instead of moving her head to look at an object on either side, she moved her eyes only, which gave her a treacherous, catlike expression.

The manner of moving the eyes, the lids, and the brows may easily degenerate into mannerisms. Many girls look ten or fifteen years older than they really are, owing to some unfortunate mannerism of raising the brow and wrinkling

the forehead, or, it may be, of lowering the brow, thus causing the deep furrows between the brows.

You are fortunate indeed if you live at home where your mother will tell you when you are beginning to form one of these ugly habits. I know a mother who sometimes suddenly tells her daughter to look in the glass without changing her expression. And the girl is startled to find the contortions and unpleasant expressions that she is unconsciously harboring.

Such tricks as that of "batting" the eye are generally as unnecessary as they are disagreeable. Squinting the eyes often comes from imperfect sight. It brings wrinkles in its train.

There is nothing that so undermines one's confidence in another as a shifting expression. A clear, steady gaze is a source of great power, for it invariably inspires confidence. For the color of the eye we are not responsible, and it is well for us all that tastes differ and that the standard of beauty is comparative. Some admire the quiet intellectuality of the gray eye, while others find the soft brown of the dark eye more fascinating. Each color carries its own attraction, and from it the eye gains something of its peculiar charm.

XIII

THE MAKING OF A BEAUTIFUL MOUTH

ALTHOUGH we must accept at the start the features that Nature has given us, be it known for our comfort that the mouth is essentially self-made. This feature has been called the visible seat of the emotions. Even the eyes have not the gift of smiling to nearly such a degree as the mouth possesses. Take the picture of a face with sad expression, and paste over the depressed lines of the mouth smiling lips. The entire expression of the face is changed at once, although the eyes themselves have not been altered. The delicacy of expression and the infinite shades of meaning that play about a beautiful mouth are our inheritance through generations of civilized ancestors. The muscles of the animal's mouth are used for sucking and chewing. There is even a greater difference between the mouth of the animal and that of man, than there is between the animal's forefoot and the human hand. Muscles must be exercised before they become adept in any function. In vain would we look to the

savage for expressions of emotions which are alien to him. The muscles of his mouth are not trained to express the tenderness and refinement that is such an intimate part of our lives.

The German philosopher, Kant, in his advice to parents, says: "Children, especially girls, must be accustomed early to smile in a frank, unconstrained manner; for the cheerfulness and animation of the features gradually leave an impression on the mind itself, and thus create a disposition towards gaiety, amiableness, and sociability, which lay an early foundation for the virtue of benevolence."

The reflex effect of smiling is easily tested whenever you feel especially irritable or blue. Persevere in turning up the corners of the mouth at such a time, either by working the muscles voluntarily, or by coaxing them by means of the fingers. A natural smile will come in spite of your disturbance, and the clouds will begin to chase themselves out of your mental horizon.

The other evening, when dining out, I was extremely impressed with the power of beauty that lies in mere expression. I met a middle-aged woman whose every feature was commonplace, even to an ugly shade of red hair. But the fascination of her face grew upon me irresist-

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ibly until I fell to analyzing its cause. This was her smile, which expressed such intelligence, such a keen sense of humor, and above all such sweetness, and such a charitable attitude to all mankind, that I was won in spite of my first impressions.

Just as a continual frown of discontent will result in ineradicable wrinkles that even massage cannot iron out, so, fortunately for us, amiable, wholesome thoughts will exercise the "pleasant muscles," until the mouth becomes curved into sweet and winsome lines, and the inheritance of undesirable contours will melt away in our individual expression, for "form is merely crystalized expression." Ruskin says: "There is not any virtue the exercise of which, even momentarily, will not impress a new fairness upon the features."

German women who are devoted to music and to nature more frequently have good mouths than those women of other nationalities, among whom personal beauty is more common.

The girl who is bent on making her mouth beautiful should not fall into the error of assuming a continuous grin. Muscles always kept on the stretch finally lose their original contour, and distortion and wrinkles result. The inane gig-

gling in which so many young girls thoughtlessly indulge is an enemy to beautiful facial expression. The emptiness of such a habit, I feel sure, reacts upon the brain.

The Persian philosopher, Sahadi, says: "The mouth is a grotto where pearls are priceless." There is a solid foundation to that old tale about the blind man who said that he felt sure that one of his acquaintances who was continually laughing must have a set of beautiful teeth.

One might think, from the appearance of some teeth, that they were accorded by their possessors an unimportant position in the scale of beauty. Yet the expression of many a face is vulgarized by uncared for or neglected teeth. Not only the appearance of the teeth counts in the sum total of beauty, but also the manner of exposing them. Gums were not made for exhibition, and the girl who smiles so carelessly that she raises her upper lip nearly to its attachment needs to study before the mirror till she can smile without making her friends think of a savage.

The care of the teeth can never be taken in hand at too early an age. Neglect in infant days does not hold as an excuse for us in later years. So much of health and beauty depends upon the condition of the teeth that their preservation

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should be a matter of great concern. The shape of the jaw and so of the face, on the side of beauty, and the digestion of the food, on the part of health, hark back to the teeth as a starting point.

A German scholar who has put much time on this subject has examined a great many people among the industrial and working classes. He has found dental decay to such a degree in the teeth of the bakers, that he has been able in many cases, before asking the occupation of the patient, to tell it himself from the condition of the teeth.

He states that no other class of people could compare in this respect with the bakers, excepting a few children of confectioners. The acids that result from the fermentation of starch in the mouth are as injurious to the teeth as those formed from sugar. Scientists have proved by experiments that saliva at blood temperature that contains starch forms as much acid in as short a time as does saliva containing sugar.

Indeed, it has been found that saliva containing bread or potato produces more acid, and that in a shorter time than an equal quantity of saliva to which sugar has been added. One could not conceive of keeping meat fresh by leaving it for some time in a cup of saliva maintained at

blood heat. But every time that we fail to cleanse the teeth after eating, or even nibbling, we are establishing similar conditions.

Not only is it a necessity to keep the teeth and mouth as clean and sweet as possible, in order to avoid dental decay, but for another reason even more potent, — that of the general health. The mouth is the “portal of entry” for a great many diseases. It is a most common occurrence for physicians who make careful examinations of the microbes that are in the mouths of perfectly healthy people to find among them those of diphtheria, pneumonia, tuberculosis, and many others that are known to be the cause of deadly diseases.

To some of you this may be a new idea. If it is, I am sure that the question you are asking is: “Well, then, what keeps us from having the diseases?” The power of resistance possessed by healthy tissue is our safeguard against such inroads. This truth holds, too, in relation to the teeth themselves, for the greater their power of resistance the less they will be affected by caries.

A great deal of work has been done on the subject of mouth disinfection, and in consequence many mouth washes have been suggested. A simple but good one is composed of benzoic acid,

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30 parts; tincture of eucalyptus 150 parts; alcohol, 1000 parts; and the oil of peppermint 7.5 parts. Enough of this lotion should be added to half a wine glass full of water to make its appearance distinctly cloudy.

Another one is composed of borobenzoic acid, 5 parts; menthol, 5 parts; tincture of krameria, 15 parts; cologne water, 50 parts; rectified spirit; 100 parts. From 30 to 45 drops are added to 3 ounces of water and the lotion is then ready for use.

Too much reliance, however, must not be placed upon the bactericidal power of a mouth wash. Nevertheless it is a preventive of which it is well for us to take advantage. The use of the tooth-brush helps to keep the gums in healthy condition, for its friction makes them firmer and more resistant. The teeth should be cleansed both in a horizontal and in a vertical direction — the back and front, and the biting surfaces. A good dentifrice is also a necessity in the care of the teeth, as well as the employment of dental floss, and a quill or wooden toothpick.

XIV

THE GREATEST CHARM OF ALL

LAST summer I attended a tennis tournament on Long Island. As a group of us sat chatting before the game was on, a Frenchman who was a member of our party noticed three stunning girls who took their places toward the end of the court. "Ah! How *chic*, how *distingué*, *charmant*," he cried, lapsing into his native tongue in his enthusiasm. "If only they knew how to speak," he added, as their high-pitched voices penetrated our ears even at that distance. This is only another instance of the foreigner's disapprobation of the uncultivated American voice. But although every American girl has had this dinned into her ears since childhood, not many of us take the pains to overcome this almost national defect.

The following comments are attributed to Madame Marchesi, the celebrated vocal teacher in Paris. "Why, oh why, do American women all speak through their noses? When a young girl comes to me to have her voice tried, before

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she opens her mouth, I am lost in admiration of her flowing tresses, her pearly teeth, her rosy complexion, and her stately bearing. How suddenly am I called down from heaven to earth, when I hear her say in a clear, nasal tone: 'Are you Madame Marchesi?' Why do you Americans all have such nasal voices!" continued the great teacher. "It cannot be the language, because the English women have exceptionally beautiful voices, but America sends us only shrill and high-pitched tones."

The common theories for this condition are well known to you all. The Puritan ancestors cannot in justice be made to bear the entire brunt of this fault, even though they were accustomed to exhort and speak in nasal singsong tones.

Climate, we must admit, is oftentimes indirectly the cause of an unpleasant voice. Nevertheless, we must come back at last,—in spite of all interesting theories which excuse us from bearing the responsibility of our own shortcomings,—and confess that we alone are at fault, and that we alone are the ones to bring about a more desirable state of affairs.

Marcus Aurelius showed centuries ago the successful path to the attainment of an attractive

speaking voice: "Nobody is ever tired of advantages. How to get into conformity with the laws of Nature, is certainly an advantage." To conform with Nature's laws we must first cultivate a correct position. When the body is erect and uncompressed, the breathing muscles are left free to do their most effective work. Much is said about the different methods of breathing. Most women are credited with the habit of chest breathing. We are told to cultivate the abdominal or masculine method, but many of the best authorities think that still a better plan is to cultivate the entire muscular system by suitable outdoor exercise. In this way the habit of correct deep breathing is developed without special effort being directed to any one method. When the head is held erect, the larynx or voice box is carried forward, and its cartilages are so placed as to be in the most advantageous position for sending out clear and harmonious sounds. Speakers and singers are taught to keep the lungs well filled with fresh air. Musical tones demand a plentiful supply of oxygen. When you are too tired to breathe properly, don't try to talk. Yogi practice in the Orient, which includes a system of deep breathing most scientifically taught, invariably

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brings to the devotee a voice that is rich and sonorous.

In my observation, men are more sensitive to the modulations of the voice than are women. The other day at an afternoon tea, as a friend passed by me on his way out of the room, he stopped a minute and said: "Can't you get it to these girls some way that they ought to modulate their voices? It almost drives me crazy to be in the room with them, especially when they laugh!" And at breakfast the other morning, another man said, indicating with a slight nod of his head a feminine literary personage who was holding forth on the pros and cons of the recent war: "Does that ever stop? I'm thankful I can go somewhere else for lunch! Does it go on forever?"

If these same girls at the afternoon tea only realized it, they could all talk just as much and hear themselves (and very few people do listen to themselves) and each other even better if they all spoke in softly modulated voices. There is a certain peculiar quality of voice which distinguishes each person and which he cannot modify, called by the Germans, the "color of the sound." The English say: "You may be deceived by a face, by a voice, never!" The

voice is even more distinctly characteristic of an individual than is the face, but one need not fear that training it will detract from its individuality. That is the quality that one loves in one's friends and which is never lost. Without doubt a dislike of useless noise increases with refinement of the senses and the mind. Goethe hated noise, especially at night. Franz, the brilliant song composer, had hearing so delicate that it was destroyed by the whistle of a locomotive. Schopenhauer sums up this whole question: "Intellectual persons, and all in general who have much *esprit* cannot endure noise. Astounding, on the other hand, is the insensibility of ordinary people to noise. The quantity of noise which any one can endure without annoyance is really related inversely to his mental endowments, and may be regarded as a pretty accurate measure of them." It is the making of so much unnecessary noise attributed to Americans that causes foreigners to judge us as an uncultivated nation.

Up to about fifty years ago, many conflicting theories concerning the mechanism of the voice-producing organs were advanced. There had been many unsuccessful attempts to see the action of the living larynx. But in 1854, Manuel Garcia, a great Parisian singing teacher, really

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saw his own vocal cords in a small dentist's mirror which was pushed into the back of his mouth. It was two years later when Czermak, a German medical professor, began to practise systematically on himself and on his patients with the laryngoscope. After he had convinced himself of the real value of the invention, he traveled through the chief cities of Europe, and demonstrated to the leading physicians how indispensable this instrument is in the study of the throat. If you have never seen such an image in this little mirror, you will be interested to look at the picture of the vocal cords in some medical book.

When the voice has been wrongly used, or overworked, the cords become congested. "Clergyman's sore throat" may be the result. Or it may be that only temporary hoarseness follows. The latter condition is often the result of a cold. Whenever hoarseness is present, one should stop using the voice at once, for this trouble may become chronic. Medical attention should be given immediately to such a condition, for the longer this is put off the harder it will be to cure, and the more permanent will be the injurious results. Go to a physician for this treatment. Nothing is more harmful to the delicate structures of the larynx than frequent colds. Impure air,

laden with dust or smoke, is very irritating to the vocal cords.

By means of the voice we have a stronger influence on other people than in almost any other way. A teacher in a "model school" who has under her care more than sixty little children is considered by the visiting critics to be a marvelous disciplinarian, and it is a fact admitted by the faculty that it is her voice which gives her this wonderful power of control over all these restless little people. She never raises her voice above her usual well-modulated speaking tones, but its serenity and richness are irresistible.

The voice nearly always tells us how the speaker is feeling. It is practically impossible, when one is feeling downcast or anxious, to use a tone that is bright and cheery, for fear and languor lower the voice. Surprise takes it away, admiration prolongs it, while hope makes it sonorous. Perhaps you have noticed, too, that embarrassment sometimes causes hoarseness. Whispering is said by vocal teachers to be bad for the voice. This is one argument against such indulgence by choir-singers. Outdoor speaking and singing you should always avoid, especially in the night air. It does seem too bad when one thinks of the straw rides and sleighing parties and barge

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picnics, when singing and laughter add so much to the gaiety, but if you are still in your teens I am sure that you do not realize what harm even quiet talking in damp night air does to your voice. If you live in the city, it is well to remember not to use your voice on board the trolleys when they are running. Never talk against any loud noise, for you are sure to overexert your voice at such times.

A successful vocal teacher who makes a specialty of training the speaking voice never allows her pupils to clear the throat or to cough, urging them to form the habit of swallowing when any irritation is felt in the throat. She insists that the muscular effort in speaking shall be thrown upon the lips rather than upon the throat, and she, with many other teachers, gives exercises for increasing the mobility of the muscles of the lips and face.

Beauty refers to sound as well as to sight; and however beautiful in face and form, a girl is not truly beautiful without a sweetly modulated voice.

THE GIRL OF UNDERWEIGHT

THERE are not many girls who think that their weight is just right. One is too thin, and another is too plump; and the great problem is: "What can I do to turn the scales in my favor?" A great deal may be accomplished by a girl to bring her figure to normal proportions, and the earlier she begins, the easier will be her task. There is always a reason why a girl is too thin or too plump, and the secret of applying the right remedy lies first in discovering the cause — even if "it runs in the family."

It is not uncommon to see two sisters with little difference in age, living in the same household, — the one very thin, the other over-plump. So there must often be some underlying cause aside from the general manner of living, that in certain cases, it must be admitted, can be combated to only a degree. This cause is often the temperament with which a girl is born. Just think about this a minute, and if you are like one of "Pharaoh's lean kine," are you not

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very energetic, nervously so, I mean? Isn't your ambition much greater than your strength? Do you not plan ahead far more work than you can possibly accomplish? You "rush" through life, not taking time to enjoy your own memory garden. And then, above all things, do you not worry and fret when you are not able to live up to your ideals? There's a very old-fashioned term that expresses the attitude of many a "Martha," called "stewing." This is one of your greatest obstacles, and you must overcome it, for it will be only too easy for the lines to come at the best, and they cannot help coming when they are coaxed and cuddled by fretting. Wrinkles have been appropriately called "fret-work."

Seek after cheerfulness, then, thin girls! Do not "enjoy poor health." Get all the brightness possible out of life, and what is far more to the point, put all the brightness into it that you can. Have you ever seen a plain girl suddenly become very pretty and attractive? I have, and for the reason that after living for years an aimless life she suddenly found some absorbing interest. What a beautifier this is, many of you already know. Be enthusiastic about what you do; you can never be happy or at your best at any time

without enthusiasm. But stop at that point, and do not fret about results!

Most of our annoyances are decidedly faded after a good night's sleep. Almost invariably a thin, nervous, wiry girl needs long hours of sleep, and often she is the very girl who does not get this rest. You are probably weary of being preached to about "beauty sleep," but when all else has failed to coax a little plumpness, I have known girls to find sleep the magic touch that brought them both health and beauty. "Beauty sleep" is not confined to the early hours of night. It means much for a thin girl if she can snatch a short nap after lunch every day. Even without sleep the mere relaxation of stretching one's self out on a couch is beneficial, and eases the tension. Relaxation, rest, and sleep are good friends of the thin girl. Ten hours sleep at night! And comfortable warmth always, for cold is a foe. A glass of warm milk taken at this time, sipped slowly in order that large curds may not be formed in the stomach, helps along the good work. A raw egg is well added. The milk drinking is one of the favorite directions given by a noted skin specialist to his thin, nervous patients, and he lays great stress upon it. It is one of those simple expedients that are so often

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of great value, but which, on account of their very simplicity, especially because they require no money to carry them out, are cast aside.

But several girls chime in: " You see, I can't try that because I do not like milk; it does not agree with me! " Now such statements are not often true if you take a little pains. Dilute the milk with lime water, a dessertspoonful to a glass of milk, and I am confident that you will find it easy enough to take in nine cases out of ten. Girls who do not care for milk often like cream. Butter and olive oil, too, stand in line in the thin girl's dietary.

" Besides milk, what else shall I eat? " is so often asked. Nourishing and easily digestible food is the answer. You can eat with benefit many of the favorite but forbidden viands of the plump girl.

Besides avoiding extreme mental strain, the thin girl must not overexert herself physically. She must make herself as comfortable as possible, laying aside all pet worries. This does not mean, however, that proper exercise is not in order. " Muscle is the plastic material of beauty. " The thin girl needs her quota of deep breathing, as well as plenty of outdoor sunshine. In order to get herself into condition to assimilate the food

she eats, she must take plenty of oxygen to invigorate all parts of her body. She ought to keep her body in order both outside and inside, being sure that it does not become clogged with waste matter; for this clogging is one of the quickest ways of preventing the organs from doing their right work. Like a furnace choked with cinders and ashes, the body in such condition cannot take care of fresh fuel.

The method of massage for the thin, nervous girl is quite different from that used to reduce weight. Massage for thin people is given to a great extent for the purpose of soothing the nervous system, not for stimulation. The manipulation is firm, but quieting; and the muscles are actually picked up to develop them. Finally, if special parts only need development — if you are thin “in spots” — the many appropriate exercises designed for such purposes will be a great help to you in your quest for symmetry.

To sum up for the girl of underweight: Sleep, relaxation, rest, plenty of warm sunshine and fresh air, exercise below the point of over-fatigue, massage, a nourishing diet, and the determination not to “stew.”

XVI

THOSE EXTRA POUNDS

How often I hear girls remark: "But I don't see the sense in saying that exercise will make a thin girl fat, and a fat girl thin!" It does seem illogical, doesn't it? But the reason for it, applicable also to several other directions that may be given in common to both kinds of girls under discussion, is that the body must be kept in good condition before it will be able to seek its correct level, so to speak. Exercise in moderation will develop the muscles of the thin girl and help her assimilation, while in the case of the plump girl it will use up her excess of fat. The stout girl, too, must see that the eliminative organs do their work well.

It is often noticed that fat girls have small lung capacity. In certain instances their lungs are by nature undersized and the chest expansion is small. Deep breathing is as necessary for the stout girl as for the thin one. Indeed her exercise should be far more vigorous than that of her thin sister. I know one girl taking special "reduction

training," who is swathed in flannel before she begins to exercise. Naturally, she perspires freely at the time, and her weight is gradually coming down to normal, for perspiration is an important factor in reducing weight. For this purpose tether tennis, rowing, bowling, golf, walking, and hill-climbing may all be recommended.

Exercise should never be taken directly after meals, neither should a nap be indulged in at this time. Rather let some light mental or bodily employment fill up the hour. Do not confine yourself to one kind of exercise. Vary it so as to bring all of the muscles into play. Massage, judiciously used, will help greatly to hasten the various changes in the body cells, thus getting rid of superfluous tissue. As a rule, stout girls do not seem so sensitive to little things, either mental or physical, as thin people, and massage in their cases is regulated accordingly. Rolling on the floor, a form of self-massage, is a fine reducer. Throw down a rug. Now roll over and over in one direction several times, then reverse. If judiciously taken, Turkish and Russian baths are beneficial.

On the whole, it is better to be too thin than too plump, for an excess of fat may cause serious

mischievous. It makes one heavy and awkward, and finally the "fat walk" — the waddling gait you know so well — develops, and I beg of you to avoid it! But more serious than this are the effects on circulation and respiration — the puffing from exertion — that you are beginning to feel on going up-stairs. Then, too, the organs of digestion, as well as other vital parts, suffer sadly from an excessive accumulation of fat.

According to the laws of proportion, fat should constitute about one-fifteenth or one-twentieth of one's whole weight. This may vary ten or fifteen pounds either way without any special significance. But if there is much less than one-twentieth, the girl is lean or lank, while if there is much more than one-ninth or one-sixth the unhappy term "obesity" looms up before us with all its clumsy bulk. For we are not like the bear that stores up extra fat in the summer and autumn against the day of need. He finds in this store of fat his food and winter overcoat. We have a bountiful dietary at all times, and clothing suitable for the season as well, and it should be our aim, after attaining normal weight, to keep it.

The condition of obesity was recognized many years ago, when William Harvey, the physician

who discovered the circulation of the blood, ordered for a patient with the name of Banting a certain diet that has ever since been called the Banting method, commonly spoken of as 'Banting.' At least half of this dietary consisted of lean meat. Only two ounces of bread a day were allowed. Fresh fruits and vegetables made up the remainder.

As has been suggested, the tendency to accumulate an unnecessary amount of fat in a large number of cases is a personal peculiarity merely, not amounting to disease. If you possess this peculiarity, let anti-fat remedies alone.

You must adopt and live up to two principles: The amount of food that you are accustomed to take must be reduced; as much vigorous outdoor exercise must be taken as you have time to give to it. Never less than an hour should be devoted to muscular activity. A three-mile walk is a matter of course in the battle with obesity.

Do not sleep too much. Learn to move quickly. Do not lead a luxurious life! It isn't good for plump girls.

Although it is not always the case that fat girls overeat, it is a general rule that they are too indulgent in the matter of food; especially are

they prone to between-meal nibbling. There are few girls of this class, however, who do not resent such a suggestion. They generally confess to a rather poor appetite.

Great common sense is necessary in the regulation of diet, for individuals vary widely in the power of assimilation. A good general rule is to reduce the amount of food to such a degree that the fat girl may lose about a pound a week. When the normal weight has been reached, the amount of food may be slightly increased so that the weight will remain practically stationary. Slow mastication will piece out limited rations, a very moderate amount of food satisfying hunger if you learn to "Fletcherize" fairly well.

The girl who goes without dessert at the table because she is dieting, but who makes up for it, as did one girl, by eating candy in her room, will not meet with brilliant success in the effort to become slender. "Fat and forty" is the result of ignorance and indolence. On the other hand I do not believe in the no-breakfast fad.

At the best, strenuous measures are never wisely undertaken by a girl herself. Before following them she needs sensible medical advice.

XVII

IS CANDY-EATING HARMFUL FOR GIRLS?

So many girls ask me how to decrease weight that I have carefully observed for some time the general habits of those who are too plump. There is no question in my mind but that in most cases stout girls are very fond of sweets, especially candy. For any girl who desires to retain a slender and graceful figure this is one of the first articles of diet that must be cut off.

In a book on diet by one of the best authorities on this subject, I was interested to read that he gave by exact weight the amount of cane sugar that can be taken in general by one person daily without any bad results. This quantity he assumed to be a quarter of a pound. If you are fond of candy, I am afraid your spirits will drop on reading this, because when you consider how much sugar there is in cake, preserves, pie, and other sweets, you see that there is little opportunity left for taking much candy.

Many girls are distressed on account of pimples that they are not able to get rid of. When

questioned about candy-eating they say that they like candy, but "Do you think that eating it causes pimples?" I certainly do. In young girls candy often causes pimples; the skin is so closely related to the digestive organs that any disturbance of the latter is extremely apt to show itself in the complexion. As a rule, if a girl finds herself with an interesting book and a box of chocolates before her, she is apt to let her palate run away with her good sense, and the next morning, when she wakes up, she has a "dark brown taste" in her mouth. But, alas, this is not her chief complaint: she is conscious that her breath is unpleasant.

I know of no commoner cause for this distressing trouble than an upset stomach, and no commoner cause of the upset stomach than a large consumption of candy. I remember a girl who became fascinated with fudge-making. She confided to me that since she had been making the candy, and, of course, eating it at all hours, she had been told that her breath was unpleasant. This, she said, was something that had never happened to her before. The other day an extremely pretty girl told me confidentially that for the first time in her life she had discovered that her breath was not sweet.

On investigating the cause of this disorder, I finally asked her if she ate much candy. She looked guilty, but she was honest; I saw that she felt sure we had found the cause of her trouble. She said that frequently she ate half a pound or a pound of chocolates in one afternoon. She stopped the candy-eating after our talk, and since that time none of her frank friends have had cause to mention this uncomfortable subject, and she is happy once more.

But when you do indulge in candy, to that very small extent that our dietitian has suggested, buy only the finest grades, and eat it immediately after meals. Not long ago a food inspector in one of the western States discovered that certain cheap Christmas candy which he secured was nothing more than simple sugar coated with a mixture of grease and iron rust. The coloring was used in order to make the candy appear like chocolate. It is only fair to say that such a case as this is rare nowadays, on account of the care that is given to the selection of the ingredients of candy, but the fact that such impurities have been found should make us cautious.

Perhaps no other substance is used more frequently in candy-making than chocolate. The chocolate itself, combined with sugar so as to

make a paste, is then moulded. The mixture is generally flavored with vanilla. Chocolate is sometimes adulterated, flour, starch, and arrow-root being used for this purpose. Sometimes the cacao butter is extracted, and cheaper fats and oils are substituted, but the most injurious adulterations are the alkalis and chemicals that are sometimes used.

If you are troubled with a greasy skin, it will be well for you to avoid chocolate, either as a candy or as a drink, on account of the natural fats contained in this product. Chocolate is counted among the rich foods that the stout girl and the girl with the greasy complexion should be careful to eschew.

A great many people cannot easily digest sugar. I well remember a roommate of college days who always suffered from the symptoms of a severe cold after eating candy. This may seem strange, but it is readily explained. The girl could not easily digest sugar, and the extra burden that she threw upon the digestive organs by eating candy caused a disturbance which resulted in a cold.

I have frequently noticed that young girls, especially, are apt to be attacked by tonsillitis after indiscretion in diet, particularly after eating

a quantity of candy. An overburdening of any part of the body taxes it so that it is not in a condition to resist disease.

One cause of indigestion from candy-eating is an adulterant that is sometimes employed — paraffin. This is especially used in caramels in order to make them cut well when poured out on the mould, and it is sometimes found in old-fashioned molasses candy. Paraffin is not a poison, but it is an adulterant, and when taken into the stomach it is indigestible.

Maple sugar is also often adulterated, much of it being made from brown cane sugar that has never seen a maple tree. Always beware of “fresh Vermont maple sugar” before the sap of the trees has begun to run.

It is well for girls who are troubled with dyspepsia to be quite certain that the disturbance is not due to candy-eating, for although sugar is a valuable food, it is for some dyspeptics very apt to cause an “acid stomach,” heartburn and flatulence. It promotes acid fermentation in the digestive tract. When a concentrated solution of sugar-candy is taken into the stomach, the mucous membrane is congested, and much mucus, as well as highly acid gastric juice, is poured out from the stomach walls.

The digestion of other foods may be easily interfered with on account of the large amounts of mucus which are poured out after the eating of cane sugar. We take so much sugar in ordinary foods, especially in desserts, that its ill effects on the process of digestion may be easily imagined. And if your digestion is out of order, how can your complexion be good?

Do not understand me to say that sugar is not a valuable food, but eaten as it is by most girls without moderation, and at all times, especially in the form of candy, in which it is so concentrated, it certainly is very apt to interfere decidedly with the process of digestion. The absorption of sugar is delayed in dyspepsia, with consequent tendency to fermentation. The best way to obtain sugar as a food is by eating the natural foods that contain it, such as milk and fruits. The sugar found in milk is the least liable of any of the sugars to ferment.

As to the injurious effects of sugar on the teeth, there has been much discussion. There must be some ground for the idea that sugar is deleterious to the enamel. It probably is injurious indirectly, lodging in the crevices of the teeth, and so finally producing acids that eat away the enamel.

One more point about candy is worthy to be

noted. We are all familiar with the alcoholic filling of some confectionery. There is enough of this in certain kinds, brandy drops, for example, to establish sometimes the taste for this sort of thing, a most serious consequence of candy-eating.

In these days so much attention is given to prevention of disease that when we know of all the harm that so easily comes from this apparently simple but common habit of candy gorging, we are ready to admit that the quickest way to remove one cause of ill-health is to spend the weekly allowance in some better way than at the confectioner's shop; for all the exercise, and bathing, and otherwise sensible diet that we may have adopted will not offset the evils that come from the overeating of sweets.

XVIII

THE GIRL ACROSS THE AISLE

IF you were sitting here by my side in the limited, as it skims along the icy rails, I would ask you to glance at the face of the girl in the chair across the aisle. Let us look at her together, and talk quietly a little about her troubles. For surely a girl whose mirror greets her every morning with a reflection of sallow, leaden complexion, skin thick, heavy, patchy, pimpled; eyebrows raised; nose pinched and pointed; upper lip slightly lifted; lower lip thickened; teeth prominent; and the mouth-breather's strained expression—such a girl undeniably has her troubles.

Now troubles fall into two great classes: those we cannot help and those we can help. The less we think about the first class the happier we shall be, the stronger both physically and mentally to battle with and overcome the second class, that, ranging themselves before us in battle array, challenge us to conquer. Although your eye may not, like that of a physician, be trained to detect in faces cause and effect, you may easily

learn to read the more salient signs of the broken laws of common hygiene.

We know from careful students of that primitive race that it did not require the study of books to teach the Red Man the effects of mouth-breathing. One who sojourned long among the Indians remarks: "Civilized man may properly be said to be an open-mouthed animal; a wild man is not."

The much vaunted modern civilization can often relearn some of Nature's laws from the savage. Certainly this neighbor of ours across the aisle could work a marvelous transformation in both health and looks by studying the good breathing habits of the old braves and their families. From the very beginning, the Indian papoose is made to breath through its nose until this habit is fixed for life. When put to sleep, the baby is lashed to a straight board, a pillow being placed under the head in such a way as to bend it forward a little, thus keeping the mouth closed. When the child becomes an adult, his gait is erect and straight, his spine is almost invariably healthy, and his teeth, though devoid of toothbrush or dentifrice, do him good service till the end of his life.

With what scorn and derision the Indian called

the early invader of his country "The pale face and the black mouth." It is said that to an Indian one of the most striking characteristics of the white man was the wretched condition of his teeth. Various travelers comment on the fine shape of the Indian mouth, and attribute the evenness and regularity of the teeth to habits of good breathing.

The teeth of savages of all ages, as examination of their skulls by explorers testifies, are almost invariably in excellent condition. It is believed that one cause of their preservation is due to the fact that the mouth in which they grew was closed a greater part of the time.

Animals as well as savages, as a rule, breathe in a more sensible manner than many sensible people. Picture to yourself a mouth-breathing horse. What an absurdity!

While in the beginning the mouth-breather may be said to have formed a bad habit merely, it will not take long for this habit to lead to disease. Even though not an habitual mouth-breather, have you not at some time waked up with mouth and throat dry and irritated? Doubtless your mouth had been open while you slept. Probably, too, you had a bad taste in the mouth, and felt fatigued and unrefreshed by the

night's sleep, for one cannot have perfect rest with the mouth open. Perhaps at the time you suffered from nightmare, so often associated with mouth-breathing at night.

The functions of the nose as an organ of respiration are extremely important. The nose has been called a "great laboratory for the preparation of the food for the lungs." The relation between the nose and the lungs may be compared to that between the mouth and the stomach. And now for the preparation of the air food. In its passage over the warm, moist lining of the nose, air is raised to a temperature of nearly one hundred degrees, moistened, and finally filtered from various impurities.

As it is evident that our mouth-breather cannot keep her lips closed without effort, we may feel sure that there exists some obstruction that demands attention.

You are glancing now, I can see, at her wrinkles. There they are at the outer angle of her mouth. And, look, she has mislaid her ticket! See how anxiety has deepened the furrows that course down the face from the wings of the nose to the corners of the mouth. What a "lacking" expression she has!

When facing the mirror to-night, let your

lower jaw sag and see for yourself just what havoc in looks the open mouth works. Imagine yourself thus distorted applying for some coveted position. Have you the slightest idea that you would be successful? I would not advise the experiment. Experts in character reading tell us that nervousness shows itself strikingly in the mouth. An open tremulous mouth is an index of weakness.

There is a story from Indian days of a quarrel between one of the pioneers and a Sioux brave. The Indian challenged the white man. They were to meet upon the prairie unattended, and fight it out with knives. Fortunately a reconciliation was effected by their friends before the duel took place. One of the white men afterwards asked the Indian if he had not been afraid of his antagonist, who was so superior in size and strength. "No," said the savage, "I am never afraid of a man that keeps his mouth open, no matter how large and strong he may be."

The eyes seldom lose their natural expression, but the mouth is subject to many changes, even aside from those due to faulty breathing. The mouth has been called "The greatest mystery in the material organization of man." From it comes an endless variety of sounds—the

sweetest music and the discordant nasal twang of the person that knows not how to breathe properly. Listen now! This girl across from us is speaking, and, as commonly said, she "talks through her nose." As a matter of fact, she is talking through her mouth, leaving her nose out of commission entirely.

Doubtless, could we meet the mother, she would tell us that her daughter always catches cold easily, is subject to bronchitis, and often suffers from indigestion — for this is the common story of the chronic mouth-breather. Now why does this train of ills follow what so many people consider merely an uncomfortable habit? Because breathing is one of our most important functions, and when it is not properly performed the entire body suffers the consequences. Merely taking air into the lungs and breathing it out again does not by any means constitute the whole of respiration, for after air reaches the lungs the oxygen passes through their delicate lining to be taken up by the blood that carries this life-giving food to every cell in the body. Thus every cell breathes, and plays its part in respiration. Again impurities gathered up throughout the body by the blood are carried to the lungs, to be thrown off in the expired air.

But the aëration of blood is not the only function of respiratory movements. Breathing favors activity of the liver; by breathing, blood is drawn out and pumped into the brain. The movements of respiration so act on circulation that the nutrition of the entire body is influenced. It is well known that breathing exercises are often of special benefit in nervous troubles, in insomnia, and in many other disorders.

A certain German writer says: "Rise from your table, take deep inhalations, move your arms with rhythm, and your ideas are clarified, and your conclusions become logical."

If we do not breathe correctly the blood cannot be in good condition, the brain will not be sufficiently nourished; the digestive organs, the heart, the lungs, the muscles, and the skin are all bound to suffer. You see at a glance how our girl friend reflects in her complexion the baneful effects of mouth-breathing.

When we know that the act of respiration is repeated about twenty thousand times every twenty-four hours, and when we learn that if the tiny air cells in the lungs were spread out flat we should need a room fifty feet long by forty feet wide in which to lay down this carpet, the importance of the correct breathing of fresh, pure

air must surely be brought home to us. And remember that the most vital principle of proper breathing is taking the air in through the nose.

Although you may not be conscious of breathing through the mouth, are you sure that you always breathe through the nose? In order to convince yourself that you do not use the mouth for breathing, read aloud several sentences, or, indeed, several pages, and observe if, during this time, you close your mouth. If you do not, you belong to the class of unconscious mouth-breathers. If you have suffered the jibes of the family on the score of snoring, fasten vertically across the lips a small strip of surgeon's isinglass plaster.

It is wise to make a practice of taking several "meals" of fresh air daily. If deep breathing causes dizziness or fatigue, practise the exercise less vigorously, taking first ten breaths in ten seconds, gradually decreasing the number of inspirations until without any discomfort you can expand the chest to its utmost capacity.

As nose-breathing becomes a habit, the disagreeable hacking cough and throat clearing that has annoyed us so much in our neighbor disappear. If she realized that the remedy of mouth-breathing lay to a large extent in her own hands, surely she would not consider any effort she

might make too great to secure the comely looks and firm health that come from good breathing habits.

“Shut your mouth and save your life” is the abrupt warning of an eighteenth century student of the Red Man. A proverb of this people, “old and unchangeable as their hills,” we might well adopt in these modern days of hygiene worship: “My son, if you would be wise, open first your eyes, your ears next, and last of all your mouth, that your words may be words of wisdom, giving no advantage to your adversary.”

XIX

DUST DISEASE AND COLDS

HAVE you ever heard of "dust disease?" Possibly not, for only recently has this term been introduced. But now the disorder has been carefully studied, and has its name in "the table of contents." When a girl is afflicted with this disease, she feels much as she does with a common cold. She loses her energy and feels miserable. She has wandering pains and is "achy" all over, while the most striking symptoms of the head cold assert themselves vigorously. The cause of this condition is said to be the inhalation of dust, city dust in particular, in which are mixed up all sorts of débris, particles of dried sputum containing bacteria being the most injurious.

This disease is very common in our country, where the disgusting habit of careless expectoration is so freely indulged in. As a medical writer well says: "One of the most serious obstacles in the way of clean living in towns in this country is the especially American expectoratory prerogative."

It is interesting to note that inmates of insane asylums are remarkably free from such affections as colds, bronchitis, and pneumonia, doubtless because the patients are not allowed to expectorate on the floor or walks. Thus no infected sputum can be tracked into the house, where it will pollute the atmosphere.

A physician some ten years ago began to keep a scrapbook. He had an old ledger of 1863, dusty and musty with age, that he thought would do very well for the purpose. But after digging it out from a pile of rubbish up in the garret, and arranging it for pasting, he caught a severe cold. At the time, the connection between the dusty old book and his cold did not occur to him. But some months later, after spending an hour or so over the book again, he promptly caught a fresh cold. When this had occurred a number of times, his attention was attracted to the coincidence, and he then experimented on himself. The result was that every time he worked over the book he caught cold. Then the book was given a thorough airing, sunning, and beating, the covers and binding being wiped off with an anti-septic solution. The doctor has never since caught cold after using the book. Such instances could be multiplied.

It is well known that night attacks of asthma, as well as colds, are sometimes due to dust from feather pillows. North Pole explorers are free from this affection until they return to civilization, when they suffer from it again. This disease is seldom found among the Japanese, for they are very dainty and cleanly in their habits, and change their footwear before entering the house.

“Dust disease” is often supposed to be an ordinary cold. It is most common in the spring and fall, when the streets are especially dusty and dirty.

Have you not often caught a hard cold just after returning to the city for the winter? At this time many so-called colds are really due to infection by the city dust, from which you have been free for all the long weeks during which you have been breathing fresh, pure, country air. If you are trying your hand at housekeeping, you should see that all the hot-air pipes are taken apart and cleaned every fall before the furnace fire is started, in order to remove the accumulated dust of summer. The remedy for “dust disease” is pure air.

But how does one catch cold, — just a plain, ordinary, old-fashioned cold? Colds are a result

of a disturbance of the circulation. Very often a small part of the surface of the body is chilled, and the blood is driven out of this region and forced to the inside of the body, to the internal skin, as the mucous membrane lining the air passages is called. The excess of blood congests these tissues, setting up an inflammatory condition. If the lining of the nose is especially affected, you feel "stuffed up." And well you may, for the nasal tissues are swollen, and soon begin to secrete more than the normal amount of mucus.

A description of the symptoms of a cold is unnecessary, for we have all experienced them so often that they are fresh in our minds. Sore throat is common during the winter and spring months; so is hoarseness. The symptoms depend upon the part that is especially affected.

The infectious character of colds is scarcely doubted now. Microbes play their part in very many cases.

You may have heard of the classical St. Kilda cold. This island in the Western Hebrides harbors about one hundred inhabitants, who never know what a cold is till a ship arrives. Then men, women and children, unused to coming in contact with this disorder, begin to sneeze, and a cold

becomes the universal complaint, even the little babies not escaping. After this epidemic many are well until the following year, when another ship appears. The arrival of ships from the larger ports, such as Glasgow or Liverpool, is more dreaded than that of those from the other islands of the Hebrides, for the St. Kilda people declare that the colds are much worse in the former cases than in the latter.

It is an extremely common occurrence for a cold to make its way through a family or a school or any other group of people who are closely associated. This fact testifies to its microbic character. The best way to avoid catching cold is to observe the ordinary rules of hygiene. The clothing should be evenly distributed over the body, and suitable to the season and climate. Soft wool worn next to the body is a great protection in our changeable climate. Adapt your clothing to the state of the weather. Some girls have a special calendar day on which they change the clothing from one season to another. This custom is not sensible. The temperature is our best guide.

Always be careful not to chill a part of the skin, as happens when a draught blows on the back of the neck. Wet feet must always be avoided;

but if by any accident your feet do get wet, keep moving until you can change your damp shoes and stockings for dry ones. In this way the circulation will not be too much disturbed, and you will not be apt to feel any ill effects from the exposure. Exercise in fresh air is a great preventive of colds.

But when the cold has once started, how are we to throw it off? It is said that when Gladstone caught cold, he at once went to bed and sent for a doctor. He realized that a cold might mean serious results, and he took no chances.

Unless a cold is attacked very vigorously and intelligently at its outset, it will run its course. Then there is little to do, except to try to keep it from extending from the region first affected to other parts of the body. Many colds start with a "raw throat." Frequent gargling with some antiseptic solution will do a great deal to check the trouble, and limit it to the part first attacked. A saturated solution of boric acid is excellent for this purpose. The principle of taking a hot bath and drinks of hot lemonade or flaxseed tea is sensible, for this treatment tends to restore the circulation to normal. Great care should be taken not to get chilled afterwards. It is a good plan to wrap one's self up well in

flannel blankets directly after the bath. The Turkish bath, observing the same precautions, is also in order, as is the mustard foot bath.

And it is always well to take a laxative at the beginning of a cold, one that will act quickly. If hoarseness develops, much relief may be obtained by inhaling the vapor from a solution made up of a pint of boiling water and a teaspoonful of the compound tincture of benzoin, or liquid tar. Throw a towel over your head as you lean over the pitcher or bowl; or you may inhale through a paper cone. Breathe the vapor in through the mouth.

XX

DANGERS THAT WE MAY AVOID

IF our eyes were many times more powerful than they are, we would soon become conscious of a teeming world about us that passes now for the most part unnoticed. In our every-day lives we could avoid many dangers, if we would give only a little more care and attention to the apparently small details of ordinary living.

The little creatures that have attracted so much attention in the last half century are tiny vegetable organisms. It is almost impossible to realize how small they are, but it has been estimated that at least four hundred millions could be spread over one square inch in one layer only. Many serious diseases are traced to the door of these "Lilliputians."

When suffering from a boil, you are apt to think that the trouble has come from within. Now, the truth is, it is apt to have originated from without from some external irritation. A favorite location for this painful inflammation

is at the back of the neck. The stiff linen collar has perhaps a rough edge, and rubbing against your neck has irritated the skin, and put it into the condition of being an easy prey to infection. Then along comes the little organism with a very long name, and takes up its abode in the sore spot on the neck, and you soon say that the boil is festering. If you were to put a bit of the purulent matter under the microscope, you would see many tiny round bodies that in their shape might be compared to grapes. If you had taken off the stiff collar as soon as it hurt you, substituting for it a soft stock, you would probably have avoided much suffering. That reminds me to warn you never to rub your hands over your face, as many girls so carelessly do, especially when warm and perspiring. Hands, though comparatively clean, generally harbor various microbes, and when you rub your face with the hands, off come the microbes! And sometimes these microbes cause considerable trouble. Many pimples are actually rubbed into the face. Gloves are even worse than hands, as you will soon realize if you stop to think what you have handled with your gloved hands.

I see so many girls in the street cars putting money into their mouths. A most unclean

habit! But uncleanliness is not the worst feature. This custom is positively dangerous. Again, one often sees the street-car conductor moisten a finger at his lips before shuffling out transfers to the waiting passengers. It is just as easy to take hold of your transfer by the clean end, or even to double over the damp edge so that your fingers will not come in contact with it. The habit of putting various objects into the mouth is a very strong and a very common one. I have seen a girl medical student in the typhoid ward of a hospital stop by a bed to examine the patient, and later put her pen into her mouth. This habit is most pernicious and dangerous. Keep your hands away from your face, and your complexion will be better; keep them away from your mouth, and both your complexion and your health will be the gainers.

Never wash your face until you have first thoroughly washed your hands and poured out the soiled water from the basin. Keep a separate wash-cloth for the face.

On using the telephone, do not put your mouth too near the transmitter, for if the instrument is in general use it offers a shelter for the invisible enemies.

Fruit and vegetables should be carefully pre-

pared before they are eaten, as they often harbor countless micro-organisms.

Much has been written with good reason about the evils of indiscriminate kissing. This custom has greatly diminished of late years, but in some parts of the country it is still too common among mere acquaintances. It is especially to be deplored when an innocent baby is the victim. Disease is easily transmitted in this way.

But besides the bacteria that live in the air there are others that make their home in water. It is now a matter of common knowledge that many terrible epidemics of typhoid have come from the use of impure drinking water. You cannot tell from the appearance of water whether it is pure or not. All clear water is by no means germ-free, and you should be careful to use only that which is known to be pure.

When a glass of water or milk is carried to your room, always keep it covered until it is used.

Again, other bacteria live in the earth, especially that of old gardens. Here is the favorite home of the lockjaw microbe. From the virulence of this germ comes the danger of running a rusty nail into the foot. A wound should always be cleansed at once in order to remove all foreign matter from it as soon as possible.

You may wonder how it is that most of us live at all when there are so many dangers lurking about. Because when we take ordinary care of our bodies, they have generally sufficient power of resistance to make the onset of the enemy of little or no avail.

HOW TO OVERCOME NERVOUSNESS

WHY is it that we, as a nation, suffer from nervousness to such an extent that a special name, "Americanitis," has been coined to express our peculiar susceptibility?

There are various factors to account for this. In the first place heredity has much to do with the sensitive, nervous organization of the American girl. Nervous tension has been handed down to her, as it were.

Again, neurasthenia often follows in the wake of some infectious disease, such as typhoid fever or influenza. La grippe left many neurasthenic victims in its trail.

But perhaps, more than any other cause, pure, simple overwork is to blame for nervous exhaustion in girls. Are you conscious when you are overworking? Or do you not realize the strain till the mischief is done?

A girl wrote to me the other day asking if I could tell her why she was so nervous and tired all the time. In addition to her hard studies in

the High School, she spent several hours daily in piano practice, but much as she loves music she finds the study too great a strain. It is a simple case of overwork. There is no need of being discouraged; the remedy is to spread the same amount of work over a longer period of time. Your life has not passed by when you have finished school; there are still things to live for. It is foolish to overcrowd your leisure with music study, while already carrying as many burdens as you can wisely bear.

Many of us, to be sure, have not yet learned the signs of the progressive effects of overwork. I remember, when a young girl, hearing my mother say: "I have learned one lesson well, and it is this — to know when I have worked long enough. It has taken me years to learn it, but now I can detect the signs of approaching overfatigue. And oh, how much it saves me!"

This is a hard lesson to teach, and a harder one still to learn. Few girls know that when nervously exhausted their nerve structure has undergone an essential change. In looking at their apparently well nourished bodies they cannot understand why they have no energy. It would take only a glimpse at their nerves under the microscope to show the cause of lassitude.

Nerves, when well nourished, have tiny food granules in their cells. From these little food granules the nerve derives its strength to work. When the food is used up, the nerve cells are very different in appearance. They are irregular in outline and shrunken. How are we going to fill them out again? We must give them what they need, food, rest, and oxygen.

Some experiments by a physician have been made on honey bees. The nerve cells of a bee examined in the morning, before it had started forth to gather honey, were large and full. They contained many little food granules, and were ready for a long day's work; in the afternoon the cells of the bee that had been working all day long were quite different from the cells of early morning. They were smaller, their outline was not round, being irregular instead, and here and there were tiny holes where the little food granules had been used up.

And so it is with us. At the end of a long day's work the cells of our body are exhausted, and we need food and rest to restore them to normal condition. This is why we sleep. But if we go on, night after night, drawing continually on our reserve fund of strength, we shall find that it will take more than one night to restore the

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normal tone. Far worse to make continual little drains by going to bed too late every night, than to break only occasionally into regular habits of sleep.

We are very apt to find "nerves" among girls employed in a business capacity. Many of you try to do a hard day's work without a fair start. Do you eat a sensible breakfast, or do you take a cup of coffee or tea and a roll, and work till noon on that? Is this quite fair to yourself? And how about your luncheon? Do you have a chocolate éclair, or a piece of mince pie, or a glass of soda-water and a sandwich? Or have you done a hard morning's shopping, and do you run into a restaurant at noon for a dish of ice-cream and some cake? I know from your own confessions that many of you do these things. Before you get over being nervous you will have to become more sensible about your diet.

According to one of our brilliant medical men, overwork means, in a large number of cases, too little oxygen. Consequently there is an accumulation of waste matter that acts as a poison. A great many confirmed invalids owe their condition to a chronic lack of oxygen. You cannot handicap yourself in any more serious manner than to work or sleep in stale air. Whenever

you begin to question your vitality look to your ventilation. We spend one-third of our lives in the bedroom. And many of us breathe air during sleep that we could not tolerate in a sitting-room. It is an accepted fact that many cases of neurasthenia are due largely to lack of ventilation and open-air exercise.

One great secret of nervous exhaustion is that we expend far more energy than is necessary in nearly everything that we do. Why do we feel so tired after entertaining a room full of company? It is because we have spent so much unnecessary strength in talking and listening. We have virtually talked with every muscle we possess. Notice for yourself some time in what a state of tension you are when talking with a friend — contorting your face, moving your head, gesticulating with your hands, and tapping the floor with your toes. Nothing about you is reposeful, and you are not only tiring yourself out but every one who comes in contact with you as well.

A very nervous girl was being trained by a teacher of elocution. Her attention was called to the habit she had of frowning continually when she spoke. In trying to gain repose of manner she paid especial attention to keeping the muscles of her face relaxed. She was feeling much en-

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couraged with her progress when the teacher said: "But look at your hands." She looked at her hands and found them unconsciously clenched. After relaxing the muscles of her face, hands, and arms, the next admonition was: "Do not tap with your feet."

Be careful, in relaxing one part, not to transfer the tension to another. If you learn to relax in a general way, you will worry less about unavoidable delays in cars and ferryboats, and you will cure yourself of such bad habits as trying to "push the car along;" and your temper will reap the benefit. The disposition is so quickly affected by the state of the nerves that you owe it to those about you to learn this lesson of relaxation.

One of our pioneers in this line of physical culture tells us what to do in order to relax. Lie flat on the floor, since the body yields more readily to an unyielding surface. Stretch the arms out free from the sides, head turned neither to the right nor to the left, legs straight. Relax the arm and raise it slowly from the floor, "thinking" it as lifeless as possible. Now let it drop heavily back. Exercise each arm and leg in the same way, taking deep breaths after each movement. Then roll the body from side to side as heavily as possible, and conclude the exercise by lying

in the first position, and imagining yourself sinking into the floor.

An exercise which may be taken in a standing position, or sitting up in bed, is head rotation, rolling the head slowly around, making it as heavy as you can "think it."

Another is taken sitting. Raise both arms heavily and with the least possible energy; let them fall as they will, relaxing all muscular effort. Breathe slowly and rest. These exercises train the body to relax as soon as one is conscious of tension.

Do you know how to go to sleep? The benefit derived from the night's rest will depend to a great extent upon the manner of going to sleep.

In the first place do not allow yourself to think. Never make plans for the next day's work, nor mourn about the failures of the day that is gone. You may stretch and turn as much as you like till you are ready to fall asleep. Then relax all of your muscles. Let the bed hold you up; do not try to hold yourself up. You can never relax perfectly in ordinary clothing, so your best lessons in relaxation are taken at this time.

The very shape of our bodies is under half-conscious control. Perfect rest means the relaxing of that control.

CRUSHES AMONG GIRLS

“MARGARET will not go to her brother’s wedding!” said that young woman’s aunt to me. “Will not go to her brother’s wedding?” I repeated in astonishment. “Will you please tell me why?” And then the whole story came out. Margaret was a young Western girl who had been sent last fall to a fashionable boarding-school in the East.

Her brother was to be married this January, and she was expected home to be bridesmaid. But, strange to say, Margaret was quite unhappy at the prospect. “She told me,” continued her aunt, “that if her mother only knew the feelings that she had for her new girl friend she would never insist upon her coming home. It was too cruel to tear her away from this new friendship,—of course ‘if mother should insist, she would have to go.’”

At first I laughed. It seemed so absurd that a girl who had been away from home for the first time, and for only a few months, should in such

a short space have formed so ardent a friendship for a stranger that she did not want to go back to that dear nest where she had been brought up and cherished so tenderly all her young life. The incident set me to thinking, and took me back to my own college days.

I remember with what perplexity I heard our President talk in chapel one morning on this very subject. He warned us against such foolish friendships. They are not friendships, and do not deserve the name. They are not even imitations; they might be called "flash-light" friendships, if the name which means so much is used at all. As a rule this malady in its most severe form affects the freshmen. The first homesickness is an awful feeling, and the next natural step is to grasp the nearest object at hand to fill up the aching void. This object is generally a girl.

But the object of this mushroom affection is not always another girl. Sometimes all of a heart's devotion is poured forth at the feet or behind the back of a teacher. There are certain teachers, just as there are certain girls, who seem to inspire this particular emotion. I know of one instance in which an instructor was requested to resign her position on this account. Although she was a brilliant woman and an excellent teacher,

her influence was considered so bad in this regard that she was asked to go elsewhere. It so happened that I had known of this same woman as a student. She had been noted, even then, for her number of "crushes" and her so-called personal magnetism.

Some of you, I am sure, are feeling very resentful just now about all of this; you think that your deep feelings are being trampled on, and even held up to ridicule, perhaps. You feel this way because to you at the time these emotions seem real. But they are not real; they are a sham, and you will realize this later. If this teacher, whom you have suddenly grown so violently fond of, is worthy the name, she will soon inspire you with a sensible, wholesome regard that is very different from this emotional feeling that you have been experiencing.

If a choice between the two had to be made, it would generally be better to lose your head (for your real heart is not concerned, though you think it is) over a teacher than over another girl. For the former is naturally on a sort of pedestal and more reserve must be shown and your feelings have to be restrained, which is so much the better for you, for there is more hope that you will wake up to the foolishness of the

situation sooner than if your idol is another girl. There is, too, more chance of the older woman having sense and judgment enough to guide your feelings into more wholesome channels. But alas for you if the object of your adoration is vain and fond of admiration! She will then probably lead you on till the affair becomes a joke to your friends, and all of your pocket money is spent on violets for "her."

We talk and think so often about health as it concerns our bodies, that we sometimes forget about it in relation to our minds and souls. When you are beginning to feel morbid, take some outdoor exercise; go out for a swim, or a row, or a horseback ride, or a brisk game of tennis or basketball, and your good sense will come to your rescue and put you into a healthy frame of mind.

Girls are commonly thought to be more susceptible than boys to morbid emotions. Girls stay in the house more, for one thing, while boys are outdoors playing ball, or climbing trees, or swimming, or sometimes even chopping wood. And speaking of wood-chopping reminds me of what I heard a clever physician say not long ago to a very nervous girl. She had come many miles to him for treatment, and was on the eve of going back to her Southern home. He said,

“ Well, what are you going to do when you get back home again? ”

“ I really don't know,” was the reply.

“ Then I'll tell you. You ask your mother to let you have a woodpile out in the back yard, and when you feel blue just go out there and chop wood! Do it every day, before you begin to feel blue.”

Then girls are supposed to have a more sensitive, nervous organization than boys. If you feel jealous when you see your favorite teacher or chum walking with some one else, just make up your mind that your good sense needs bolstering up, and go out for some good fresh air and exercise. The world will look brighter to you when you come back. You will find it a good plan to take some other girl out on your jaunt with you. I do not mean in a spirit of resentment. Do not fall into the habit of thinking that you can be happy with only a certain few. Never was a greater mistake made. Keep your eyes open and your mind sensitive to what goes on about you, and you will find it a fascinating pursuit to see how interesting apparently stupid people will become if you are only clever enough to touch upon the subject that interests them most.

Some girls easily transfer their devotion from one to another. You will wonder in the case of a girl of this kind "who it is now." Just as by other extravagances, the normal, healthy feelings will soon become spent and the capacity for them stunted. When you go to a concert, even though you have your "best friend" next to you, do not sit and hold her hand during the performance. That does you no good, and when you think of it in sober earnest it is pretty silly, isn't it? And when you go out skating with the "dearest girl in the world" do not be miserable all the afternoon because your chum was ahead of you, and had the privilege of strapping on the dear one's skates. Take it philosophically. Perhaps you can be skate-strapper the next time, or perhaps by that time you will not care to be. It is a comfort to remember, under such circumstances, that "what belongs to you gravitates to you."

Would you want your big brother to know how you felt? You would be ashamed to tell him, because your common sense would come to your rescue, and you know how he would laugh at you and tease you.

When you feel like crying, and you know that there is no good reason for it, you can just begin to suspect that you have been drawing too heavily

on that nervous system of yours. You need fresh air and sunshine and a good wholesome, cheerful friend to put you to rights. After your walk, come home and take a nap. When you wake up, you will not wish to cry. Give all you can in your friendships, but give of your best; do not give of your weakness.

XXIII

A GIRL'S ATHLETICS IN SUMMER

WHILE so much has been written of late years concerning the necessity for exercise, comparatively little has been said about the dangers of over exertion. But that these dangers really exist many of us know from our personal experience. It is such a temptation to keep up with some other girl that it is extremely difficult to learn the lesson of our own limitations. Indeed, I know of nothing harder for a young person to do than to stop at the right time. A modern writer speaks of the "curve of health." Because we wake up some morning and do not feel as bright and energetic as we did the day before, is not a proof that we are losing health, or that something serious is going to happen, but it is quite possibly due merely to the downward stroke in our curve of health.

The variation from day to day in feelings should, of course, not be too marked, but it is only normal that these variations should exist to a certain degree. There is undoubtedly far

more temptation in summer than in winter to go beyond one's capacity, for in the summer all of the outdoor sports are continually inviting us to exertion beyond the rightful limit. No one can be as good a judge of your capacity for exertion as you are yourself. When you know that it is time to stop and rest, you should have strength of will enough not to be over-persuaded by some one who at the time is more vigorous than you are.

Not equally capable of exertion at all times, if you do not use judgment in this matter, you may pay a severe penalty. This is applicable especially in relation to the more vigorous games and sports. Take, for instance, tennis. There are times when you are physically incapacitated for indulging in any exercise. Instead, you should be lying down and storing up strength for the time when your curve of health is in the ascendant.

The Japanese woman is often held up to us as a model of strength. She is compared athletically with her brother, and she is so trained in the feats of wrestling that she can easily throw a strong man who has not had the benefit of her training. There are many factors to account for the difference between the Japanese girl and the average American girl.

In the first place, the Oriental is the product of generations of untrammelled women. Heredity means so much. Her body has been allowed to be free and none of its parts has been bound in by clothes which hamper its functions and limit its development. She has had chest and diaphragm free for breathing and her feet have been undistorted by badly fitting shoes. Still, with all these advantages of heredity and training, the Japanese girl, as well as the American, ought to realize that she has her limitations.

I do not mean to decry physical exercise in any way; I simply want to call your attention to the fact that you should use due care and discretion on account of the peculiar constitution with which Nature has endowed you. You must conform to the law of your nature if you would keep yourself in good health. "And this law, while it is the glory, is not the weakness, but the limit, of womanhood." A healthy girl must have her occupations and her recreations, but these ought to be suited to her as an individual, both in kind and in amount; it is only when she overdoes that she injures herself, and happy is the girl who learns this lesson before she has wrought lasting harm to her health. Especial care is necessary in girls from the age of twelve to

twenty, and unfortunately, this is just the time when girls are apt to be least judicious.

The modern parent is not infrequently so ambitious for her daughter's distinction, both mental and physical, that she does not impose the proper restrictions. You have probably all heard of the English girl, Miss Fawcett, who, although she won a senior wranglership by four hundred points above the highest man, studied only six hours a day; two or three hours she devoted to outdoor sports. The English girl, as a rule, is far wiser than her American cousin, for she realizes the value of fresh air and judicious exercise.

It has been said by those who have made careful scientific studies of these subjects that the secret of perfect health for girls lies in the habit of intermittent work and play. A girl who does housework, as a rule, is apt to be in better condition than one who is in a shop. The hours of the girl working behind the counter are shorter than those of the one working in the kitchen, but they are not broken up into intervals. Two periods of work of four hours each are far less fatiguing than one period of eight hours. It is the same old story of the heart, which, although such a diligent worker, separates its efforts by tiny periods of rest. If this principle of sufficient

rest after periods of exertion were always held in mind and carried out in practice there would be far less necessity of a day or two being given up every few weeks. This has been worked out by careful calculation based on the history of thousands of girls.

Overexertion mentally as well as physically does much injury to the young, growing girl. Do not understand me to say that ambition wisely curbed is not an excellent trait, for without ambition you will never accomplish your best in this world. But I mean when you are in the High School, for example, do not think more about gaining a prize than you do about your health; your health will be of more service to you than all the prizes in the world. It is just at this time, between the ages of twelve and twenty, that the foundation is laid of so much of our "Americanitis."

I have known of many girls who were incapacitated for years through overexertion injudiciously timed. When the waste products of overexertion accumulate in the blood we feel fatigued, and when their quantity passes beyond the normal limit we become ill. Breathlessness from exertion means that we have not been able to recuperate as fast as we have been using up material.

What I have said perhaps applies rather to girls who are tempted to be too ambitious in the matter of physical exercise. On the other hand, there is the girl who exerts herself so little that she finally reaches the stage where any exertion appears to her to be too much. Lethargy is really the word for this girl's state, and if she would only rouse herself and stir up her unused muscles she would appreciate how much she has been losing by her former indolence.

But to go back to summer athletics. Many times you can play nine holes in golf with great physical benefit, whereas eighteen holes would only exhaust you.

It is just the same way with tennis; you could play a few games and feel all the better, whereas if you play all the afternoon, especially in the hot sun, you might not get over the effects for a week. Still at other times it would be better for you not to play at all, but to lie in a shaded hammock with a book.

As to sea-bathing, it is quite possible that some among you are not strong enough to indulge in this sport unless the water is quite warm. In any case you should observe certain precautions. Never swim within an hour and a half of eating. It is much better to stay in the water a short time

only, than to spend an hour or more in swimming. Even if you are a good swimmer, it is safer to swim toward the shore than away from it. One should not indulge in swimming when fatigued, and a chilly feeling should drive a girl from the water at once. The sun and sand bath after the sea plunge is most beneficial, and a run on the beach after your swim is invigorating. But discretion must always be at your right hand, for there are instances in my acquaintance of girls who have been unbalanced mentally for periods of from one to five years through sea-bathing under ill-judged conditions.

XXIV

SUMMER EMERGENCIES

LAST Fourth of July, in a small town in Vermont, as a group of girls and men were sitting on the green, a careless boy threw a lighted match into the midst of the assortment of fireworks contributed for the evening celebration. One man quicker than the rest saw the danger and gave warning in time for the others to scurry from the place. He stayed behind, and made an attempt to separate from the mass the already ignited pieces. The explosion took place almost immediately, and his hands were badly burned.

As the town physician had gone some miles out into the country to see a patient, the grandmother in the house to which the injured youth had been taken applied the commonly used remedy of flour and water, binding up the burns with closely fitting bandages. Apparently this was helpful, and the danger of the treatment was not realized till the physician's return. He was inwardly much disturbed upon examining the wounds, knowing well that if any lockjaw

microbes or other hostile germs had been lurking around they had doubtless been made captive by the close bandages, and by this time were making inroads which would result seriously for the patient.

By the time the doctor could remove the bandages, the flour and water had hardened, and picking off these bits, piece by piece, was a tedious and painful process for the patient. When it was completed the hand was wrapped up in wet dressings, that were frequently changed, and happily the wounds healed without any bad results.

The terrible danger in covering the burn with the paste, as was done in the first instance, lay in the fact that any microbes that might have been on the hand or carried into it by the injury were closely shut up in such a way that the most deadly results could well have been feared. There was no way in which the germs could escape. It would have been far wiser to wrap the hand in cloths saturated with a very weak solution of carbolic acid until the arrival of the physician. In a simple burn, one scarcely more than a scorch, cloths wet in water in which common baking soda has been dissolved will give instant relief from pain. Sweet oil or carron

oil, the latter a mixture of equal parts of linseed oil and lime water, serves its best purpose in more severe burns when the skin has been broken. In such cases it is most unwise to cover the injury with anything like flour and water, for on drying the paste will adhere to the tender tissues, often causing considerable injury when it is removed. A girl whose face was badly burned at the shore last summer smeared it over with flour and water on retiring. She woke up in the night, finding, of course, that her face was covered with a hard cake of dough that cracked with every movement of the muscles. The pain and burning were so intense that she began to pick off the hard particles, thus injuring not only the skin but the tissues underneath. In telling of the incident only a few days ago she remarked that it took all summer for her skin to return to its normal condition. Of late years it has been a fad with many girls to brown their skins to an extreme degree by exposing them to the hot sun, especially at the shore. Indeed I have known of girls who, not having the opportunity of going to the salt water, have exposed their faces to the sun from their own "fifth flight back" windows, so as to look like a "summer girl." A heavy penalty is many times paid for such foolishness.

Skin injured in this way often never regains its original delicacy.

A bee sting is a common summer discomfort. Bees are most active during hot weather. Although one or two stings are not serious, it is rash to invite the onset of numbers. Any one familiar with the habits of these insects knows that if he puts a hand that has been freshly stung into the hive, he will be more apt to be attacked than he would if he had not been stung at all. It is suggested that the bees may smell the poison of the sting. However this may be, the fact is well known among bee keepers.

A friend who keeps bees on her brother's farm in the summer relates some interesting facts about them. When a bee stings deeply, it is very difficult for him to draw out the barb, for this little weapon, as you may see under the microscope, looks much like a saw, and in pulling on it there is the same difficulty as in trying to extract a fish hook from the flesh. This girl, whose nerves are strong and who is of an investigating turn of mind, has had the patience, after being stung, to watch the manœuvres of a bee. The insect, finding that he cannot remove his sting, begins to walk around in a circle as if he were loosening a screw. The action produces

the same effect, for he soon releases his sting and off he flies again. If he had not been given time to do this, he might have torn himself free from the apparatus — the sting and poison sac — leaving the barb in the flesh of his victim, thus maiming himself and perhaps causing his own death.

The poison of the bee sting is said to be similar in its composition to that of the viper and scorpion. The pain of a sting is intense and hardly adequately described by the Irishman, who said, as a bee attacked his finger: "Be jabbers, how hot his little foot is."

Ammonia is perhaps the most simple household remedy to apply to such injuries. Chloroform will almost immediately subdue the pain. Mud is excellent and very soothing. It is said that the alkali in the earth is the healing part. Application of cloths dipped in cold water is often recommended, but a noted writer on bees highly praises the use of cloths wrung out of hot water. He also says that all rubbing or irritation of the sting should be avoided.

If you are interested in watching bees, do not stand directly in front of the hive, so impeding the entrance and exit of the bees. This will annoy them.

Mosquitos are to be dreaded, not only for the inconvenience of their bite, but from the diseases that they carry. Without going into any of the arguments which are so well known now through the daily press as to the relation between the mosquito and yellow fever, we must all admit that malaria, at least, is carried by these little insects.

How many times have you thought of the microbes that flies carry around on their tiny feet? The common house fly is very fond of dirt and filth, and extreme cleanliness of the person and of the house does much to drive him to quarters more attractive to his taste.

The common tradition among children that the "devil's darning needle" or dragonfly will darn your ears shut comes back to us involuntarily as we think of all this horde of summer insect folk.

Just as in the case of bee, wasp, and hornet stings, so in the itching of mosquito bites, and the stings of gnats (the Indians call them "no see 'ems") that fly to meet us on our entrance to the woods, ammonia affords great solace.

But there are other things to avoid in the woods, especially if we are susceptible to poisoning. The poison ivy, so common in many parts of our

country and which the careless girl may so easily mistake for Virginia creeper, sometimes called American ivy and by others, less accurately, woodbine, menaces the unwary. The poisonous variety has only three leaflets, and in the fall its berries are whitish or dun-colored, while the vine that beautifully decorates so many homes and church walls has five leaflets and berries as dark as grapes when the autumn comes. Poison ivy or poison oak, when brought in contact with the skin, causes itching, burning, redness, swelling, and oftentimes even large blisters. For many susceptible to these poisons found in several varieties of the *Rhus*, it is not necessary to touch the plant. The mere emanations from the leaves will bring about this unhappy state of affairs. For the inflammation, pieces of old linen wet in baking-soda water, a teaspoonful to a quart, or in lime water, are very soothing. Plain cream is perhaps as useful as any simple remedy. Strong soap-suds, too, will alleviate the pain. In the later stages, dry starch dusted over the spot is a well-known remedy. The inflammation generally subsides in about a week, and one rarely suffers other than local discomfort.

If you are ever annoyed by the persistent growth of the ivy in your yard or in places that

you frequent, a little sulphuric acid poured around the roots of the plant will kill it.

If you are an indefatigable mushroom gatherer, you have probably learned to tell the edible fungi from the poisonous varieties. Many cases of poisoning are due to too much dependence upon certain old-fashioned rules not at all trustworthy. A well-known botanist says that "the safest line of conduct is to consider dangerous all mushrooms that are decaying or infected; all that are in the immature button stage; and all that have the following characteristics;" then follows a long list of botanical explanations which are far too formidable to enumerate. However, one thing most valuable to remember is the cup-like formation at the base of the stem known as the "death-cup," because many mushrooms with this peculiarity are extremely poisonous. Those plants with a milky juice or with loose warts on the cap should also be avoided. Indeed one must be an expert to feel any certainty of the wholesomeness of these fungi.

Beware, especially in the summer, of chicken salad that has been carelessly kept an undue length of time. Beware, too, of warmed-over veal pie. On your picnics look out for canned and deviled meats, and for shell-fish that you do

not know to be absolutely fresh. There are certain ptomaines in infected meats whose poisonous action even prolonged cooking fails to destroy.

Do not feel satisfied, then, that you are safe on account of the long cooking of food that is not perfectly fresh. Do not be tempted by its bargain price to buy over-ripe fruit. Here is a dangerous pitfall.

The one who does marketing in summer assumes a large responsibility, for in many cases of summer illness careless buying is at fault.

After all is said about the possible dangers of the warm days, it is the simple remedy that brings us relief from our trials; it is common sense and ordinary discretion that serve as faithful pilots to guide us through the waters of summer into the pleasant harbor of early autumn days.

XXV

DURING VACATION

ONE of my favorite haunts is a little studio club tucked away high up in a big building in a corner of one of the old squares in lower New York. On a cool evening in the early spring, dropping in just at dusk for a cup of tea, I found a group of girls holding a symposium before the open fire. Each one was contributing a personal incident illustrating her peculiarities in the matter of travel. As I came in, an eccentric member of the club was reading, amid shouts of laughter, a note just received from a lawyer friend.

“So you are on the wing again?” it ran; “I begin to suspect that you do not live in a house but upon a merry-go-round. If at any time it should stop long enough for me to call, I should be glad to do so.”

“And that,” the reader added, “is the flippant way in which my friends treat my woes. Little do they know the agonies through which I go when I am getting ready for a journey.”

"Agonies, indeed!" sniffed a tall blonde. "Why, girls, I found her at two yesterday afternoon perched upon her couch, calmly ripping up a waist that she had decided needed remodeling at once. The room looked like a rummage sale, but from her attitude of absorption in her work I concluded that the trip was given up. 'Not at all,' she assured me in her stately way, 'it's only postponed a few days.'"

"I always do that," confessed the heroine of this episode. "I never plan a trip that I don't stop in the midst of packing to rip up a gown or hat, and then of course I have to change my dates."

"Oh, I have a peculiarity worth two of that," said a dainty maid from the corner of the settle. "Thirty minutes before I run for a train I am always constrained to take a bath. It makes no difference whether I am at home or boarding — the whole house is always upset. I can hear the maid now, knocking on the bathroom-door and saying: 'I really don't see, miss, how you can possibly make that three o'clock train,' while I shout back through the keyhole: 'That's all right, Maria; you get the hall boy to take my bags over to the station and I'll get there in time.'"

"And I do, too," she added, chuckling.

I heard her sister murmur something about making everybody else miserable during the process. That side of it hadn't seemed to strike *la petite*.

This chatter took me back to early days in the Southern home, when my father used to walk the floor, exclaiming explosively: "Never mind, don't hurry her, let her alone; it's *her* train!"

Well, I always did make that train, but the nervous tension left in my wake I've realized only in later years.

It is just the doing of these unnecessary last things, the departure always in such a wild scramble, that makes girls lose their nervous equilibrium, when taking even a short trip. I can picture now the trembling condition of a college roommate who, before she left on a two hours' journey, went through emotional scenes with various friends, telling us that there were many things in her heart which she had not time to express, and leaving us with a feeling that we had attended her funeral. I could never help wondering during these scenes why she hadn't "expressed" herself in the frequent opportunities during nine months of the year.

It is a matter of self-control and nervous

balance, not to mention common sense, to avoid rather than to court such scenes.

The nervous balance will depend upon your physical condition. A good night's sleep before a journey is absolutely imperative, and the wise girl will wait a day or two longer rather than sit up half the night packing her trunk, and start off the next day nervously upset from over-exertion.

Going on a little visit is less exacting on one's strength and temper, however, than a period of travel and sight-seeing.

The modern interpretation of the old saying "one never knows a friend till he summers and winters him" is, that one never knows a friend till he travels with him. Traveling, even more than golf, brings out the most latent idiosyncrasies. Tact will never stand you in better stead than when taking your vacation trip with a friend. The happiness of this outing is greatly dependent upon the harmony between your temperaments. When two girls are out of alignment, it is not that one is all bad and the other all good, that one is a sinner and one is a saint. It is because the temperaments are incompatible. It is easy enough, as a rule, to read a possible companion sufficiently well to know whether or

not she and you will take the same point of view. But it is not only *her* temperament that you have to consider. To be sure it is said that "to ourselves we are a sealed book," but that seal is not set so closely that the covers of the volume cannot with care be pried apart. If you are constantly irritated by certain little mannerisms in a friend, do not choose her for the companion of your summer. If your mind is quick and intuitive, you will not enjoy a girl whose slower mind must travel through the maze of much question-asking before it can grasp an uncomplicated situation. On the other hand, if your disposition is calm and even, do not choose the peppery tempered girl who jumps at conclusions. It is not necessarily girls of different characteristics who clash, but rather those of antagonistic traits.

Once off with your chosen companion, you will find breakfast a test meal. It may be that your vis-à-vis is fond of her morning paper, while the news at first hand does not interest you. Or it may be that your eyes are not strong enough for newspaper print. I well know that the old-fashioned advice urges us to be pleasant and chatty at the breakfast table, not to be glum in the early hours, — but personal experience has turned another light on this picture.

It is a charming custom in England to name your own hour for breakfast, when it can be served either in your room or in the common breakfast room.

A chatterbox like a gramophone will often drown the true music of a rarer mind, and if you have a strong personality and a frank manner of expressing yourself, try to subdue it in order that you may discover the mental charms of your quieter friend, who needs a good listener to develop her.

One of our happiest narrators of travel has said, in discussing the inveterate question-asker on sight-seeing expeditions: "Do not ask all the questions that come into your mind. If you will only wait long enough there will always be some goose who will ask the questions that you want answered." The need of answers seems to be associated with telepathy. You will find diversion in trying this experiment, for nearly always, if you do restrain curiosity for a few minutes, some one else will phrase your question for you.

It is said that each friend sees only one side of us, — the side she herself brings out. We have all known friends who draw out our best qualities; others who constantly seem to be putting us in the wrong. Make it a study, especially on your

journey, that you yourself draw out the best in your friend. It does not take much tact to avoid belittling her pet hobby. We must realize that at the very best and under the most favorable circumstances in traveling there still remain many annoyances and conditions of nervous fatigue that we never have at home. In addition to this, we are always in a less stable frame of mind to meet these conditions as cheerfully and pleasantly as we would ordinarily do. Some days one will not feel well, while the other is more sprightly than she has been since starting. Another day one will particularly desire to see a certain object of interest that does not at all appeal to her companion. It is just at these crises that consideration for the feelings and tastes of the other will smooth the irritations inevitably arising on any trip.

You will surely admit on returning home that efforts to cultivate in yourself adaptability to the companions and circumstances of your journey have been the strongest factor in all the experiences of travel in broadening and rounding out your character.

XXVI

THE GIRL IN BUSINESS

It is said that the girl who most needs a vacation is the one who has just had a vacation.

Some of the effects of a holiday have to be pigeon-holed as demoralizing. The delight of perfect freedom and the habit of ease just enjoyed make one feel like a caged bird upon return to business routine. However, after the first day has passed, the later efforts to be business-like will not be so strenuous. It is breaking the new ground that is such hard work. Men feel this as well as girls. My dentist said last fall that it seemed as if his first day of office work would never end. Hours dragged like days.

All the informalities permissible in the country and at the seashore must be folded away in the memory book, when one takes up again the daily task, and the freedom in dress has to be relinquished. Unconventionality in dress is apt always to be conspicuous, but it is especially undesirable where one is thrown much with men in business.

An eccentric girl well known to the inhabitants

of a suburban town, priding herself upon her independence, apprenticed herself to a Boston milliner. Every noon hour during her short term of service, she paraded up and down a narrow shopping street, bareheaded and with a small pincushion fastened conspicuously to the front of her dress.

She was the laughing stock of all acquaintances who happened to meet her while in town, and every passer-by turned to ridicule her.

Now is the time when one's ambition turns from mountain-climbing to the ascent of that ladder of success that stands in front of each one of us. No wonder, indeed, that there is the proverbial roomy region "at the top" of every ladder. It needs but the most casual observation to be convinced of this. A brilliant New York business woman said in despair the other day to her stenographer, whose duty it is both to receive and deliver messages: "Miss J——, you will ruin my disposition: you are gradually making me a nagger, and all because you will not assume the responsibilities that are given to you. It is not because you are intentionally disagreeable, or disobedient to orders. Your whole fault is heedlessness, — carelessness about little things."

Miss J— also belongs to that army of girls who, when asked if they have attended to any commission that has been assigned them, always glibly reply: “No, but I was just going to.” This brings up the incident of the priest whose patience was worn threadbare by a girl who invariably used this subterfuge. He said to her one day: “Mary, have you kissed the Bible this morning?”

“Yes, your honor,” she replied, “I was just going to.”

If always absolutely honest, straight-forward and frank in all business matters, you will soon find that your employer places confidence in you. A business girl can make no greater mistake than to try to “get out of things.” When confidence in you is shaken even a very little bit, it is a most difficult matter to become reinstated.

Many times, of course, you will be put in the wrong, often by sheer force of circumstances, and you will have the problem to solve: “shall I or shall I not make an explanation?” The answer will depend upon your own position in the matter. If you know that you are right, it is only justice to all concerned to explain, giving your reasons — *not excuses* — for the manner in which you have acted. I have found that

such a course meets the approval of any reasonable man, and when one says, "if you will allow me to state a fact, not as an excuse but as my reason for so acting," it is generally accepted in the spirit in which it is given. If so expressed, even a disagreeable employer is put in the position where he cannot say: "I do not want any excuses," and you will usually find him quite amiable about the matter.

"It takes a rogue to catch a rogue," said a woman to me the other day. She is at the head of a large corps of clerks in a great business house in New York.

"I have gained more important information about other people through young girls who answer the telephone than in any other way. I make it a rule," she added, "in my own office, to have the telephone girl inquire who wishes the information before any fact whatever is given over the 'phone, — even so slight a one as whether I am in the office, or not." Although this seems to one unacquainted with business matters such an unimportant detail, it is really often of serious moment. The giving of information is a great drawback to any business person. I know of a man who is confidential secretary to the head of one of the largest corporations in the East.

His brilliant success is believed to be due in great part to the faculty he has of looking stupid. He is a man who never offers gratuitous information on any subject, and he is invaluable to his employer.

Perhaps the first step upward consists in the ability to distinguish clearly between social affairs and business. Said a woman who is widely known for her philanthropy, especially in relation to working girls: "I have no time for social amenities in the morning." It is this reason that makes her avoid all business relations with girls whose families she knows in any way.

I have heard men, too, express themselves most forcibly in regard to this very point. There is no time in the busy, modern day to inquire after the health of the various members of a family. These subjects are absolutely inappropriate to pure business dealings.

A man at the head of a large business enterprise in a Western city said the other day to a woman in his employ: "I never used to appreciate the judgment of a woman in business, but I have come to realize the value of its intuitive quality." This same woman told me that time after time in their office, her intuition had proved

to be far more useful in the conferences of the officials of the company for which she works than all the coldly reasoned out theories of the men concerned. "Results," she says, "have proved over and over again that a woman's intuition can solve problems that are too knotty for the masculine mind."

In talking over this subject with her, I was more than ever impressed with the scarcity of girls who have the cleverness and courage in business to take the initiative. It requires a great deal of both qualities before a girl dares to leap to a conclusion — and act on it — that she does not reach through the usual routine of her business.

"Indeed, it is this very quality of intuition," my friend continued, "that makes a woman more valuable to her employer than a conservative man who has been carefully trained in business methods. The man becomes like the faithful dog who does the same things year after year, never using any originality."

As she talked, my thoughts wandered back to an old Southern pottery. There, around in a circle, walked an old blind horse, day in and day out, year in and year out. He was a living cog in the machinery of that primitive indus-

try, but he was as mechanical as the rope and iron to which he was only an added force.

However, let the girl young in business beware of trying to bridge a wide abyss at once. Officiousness in beginners is most offensive to the more experienced, and the daring girl just starting in might find herself at the end of the week with the chasm of the non-employed yawning at her feet. Leave the chasm-bridging to the woman who has learned how to do it, — to “the woman whom nothing escapes, but who usually appears to be looking at nothing in particular.”

It is always the clever girl, whether in business or society, who does not ask for details, but who is capable of piecing out bits of information by her own wit, and of adding two and two when they are given to her without asking for the answer.

One of my college friends was nicknamed “The Objector,” because no matter what subject came up, or what view was taken of it, this girl, on principle, invariably took the opposite side. Do we not consider agreeable that person who generally agrees with us? Nothing so smooths out the daily task as contact with one who is always in a sympathetic attitude. Hard work passes as nothing if one’s surroundings are

congenial and if one's companions are warm-hearted, — *simpatico* as the Italians phrase it.

“Tact is that indefinable something that makes friends of everybody, enemies of none, and yet has its own way.”

This is the quality that endears one to all. There is a type of girl who thinks that it is hypocrisy to be agreeable. This girl does not know what tact means, and tact is the magic touchstone of all success.

Have you ever listened to a discussion concerning the disadvantages of employing women in business? If so, you have probably resented it without stopping to consider the possibility of truth in the assertions that seem to you so harsh. One of the strongest criticisms made about women in business is that they cannot be depended upon. Such a reputation is unnecessary, for the average girl can always show herself trustworthy.

If only you could get the right perspective and see yourself for once as others see you, on the morning after you have been to the theatre, followed by a little supper, I am sure the picture would be such an unpleasant one that you would not care to reproduce it. You come down to the office tired out, showing weariness in every

movement of your body and in every line of your face. You had to get up in such a rush that you did not have time, as you generally do, to make yourself dainty, and you could not resist pinning on the bunch of violets that you wore last night, although you knew that they were faded — and faded violets are not attractive.

Perhaps it is well for your own peace of mind that you have not had time to scan your face in the glass, for you look old this morning; you have no color, and there are dark lines under your eyes, and alas! your breath is not sweet, for you ate too many chocolates, and too much of the rarebit. These defects would be less noticeable had you made your usual careful toilette, but your hair "simply would not go up" this morning, and the consequent frowsiness is not becoming, to say the least.

This is not the end of the story, nor to your employer is it the most important. The telephone bell rings, and you think you have a message for Mr. Smith, who is in the midst of an important business conference. However, after you call him to the 'phone, he discovers that it was Mr. Cohn who was wanted. Mr. Smith is naturally much annoyed as he returns to the interrupted conversation of which he has lost the thread.

You have standing instructions to announce that Mr. Carey is busy when a certain person calls. But in some way you seem to have forgotten this, and so, before you realize what you are doing, you lead the unwelcome caller unannounced into Mr. Carey's office. Then you are called upon to take a letter, but you cannot seem to follow the thread of the dictation. You are much embarrassed to find that in transcribing you are not able to spell; your head aches, you are deadly sleepy, and the machine never acted so badly. Everything goes wrong, and you suddenly begin to realize that you are very irritable, for on the days when everybody and everything seem to be against you "it is time to ask yourself a question." If quite honest with yourself, you find that the fault lies in you, and not in your neighbors, and certainly not in your faithful machine.

Not long ago I overheard a woman at the head of a fashionable dressmaking establishment in New York City say that she dreaded Monday with all her heart, because the girls were absolutely demoralized. She went on to explain, saying that they all took Sunday for a gala day and not as a day of rest. They worked so hard having a good time all day, and late into the

evening, that they were "worn to a frazzle" when Monday morning came, and were unfit for work all day long, most of them complaining of severe headaches. This accounts for "blue Monday" nearly always; and the first day of the week, that should find you at your freshest for work, is the one which the heads of business houses actually often have to count out, so far as real work is concerned, owing to the fagged condition of their employés.

And if this goes on we know the end. Very likely the dear ones at home are dependent upon your exertions, and one day your employer calls you to him, and tells you that although he is very sorry to dismiss you from his force, nevertheless he feels that owing to the poor quality of your work he is obliged to make a change. It makes my heart ache to think of the distress that follows your announcement in the little home circle that night. And what have you to show for it? A few faded violets, a disordered stomach, and a clouded business record, that only your own exertions and common sense will be able to clear.

This is not an unusual picture, for it is the true history of hundreds of bright, sweet girls who, if they would use even part of the discretion and

sense with which they were born, would be able so to direct their lives as to get plenty of wholesome amusement without interfering in any way with their work.

Amusement is really the complement of occupation, and there must be harmony between the two as well as contrast. Amusement does not always mean play; change of work often offers the most satisfactory diversion. It is a good plan in daily work to rest your mind for a minute or two every hour by shutting your eyes and calling up some beautiful bit of scenery that you have looked at, just as it is well to rest your eyes, if your work is close, by looking off as far as you can for a minute or two every hour. Such habits are easily formed, and are very valuable in relaxing the tension of both mind and body.

Now just a word about sleep. We can rest our muscles very well by lying down or by keeping quiet, but the brain and the mind must have sleep. A little English girl once said "we cannot make our minds sit down." The brain will be active to a greater or less degree as long as we are awake, and it is only sleep that will restore the worn-out cells. Keep then to the rule of eight hours' sleep each night.

XXVII

BEAUTY'S NECESSITY

THE story is told of a miller who was taken very ill. By the doctor's orders the entire machinery of the mill was stopped, that the sick man might have perfect quiet. Instead of sleeping peacefully, the patient could not sleep at all, until the sounds to which he had been accustomed were once more renewed.

Sleep is so greatly a matter of habit that regular hours and familiar sounds are important factors in bringing it about. Not long ago the truth of this was brought home to me on spending a night in the country. My ears, dulled to the ordinary city sounds, were on the *qui vive* when myriad birds began their chorus in a tree just outside my window the next morning.

A well-known traveler who shows great endurance in his journeyings, in telling of his visit to the Grand Cañon, mentioned that upon the completion of the long and fatiguing descent from the Arizona line, he lay down in the midst of his party,

and slept soundly for two hours under the shadow of a rock, awaking to outstride them all.

History tells us that in the midst of the Battle of the Nile, some boys fell asleep on deck from sheer exhaustion, although the deafening roar of that frightful engagement was at its height. It is related of a certain engineer that he fell asleep inside his boiler while workmen outside were beating on it with their huge hammers. Thus is sleep influenced by habit.

Although it is easy for some to sleep at any convenient season, with others the habit of taking advantage of the opportunity for sleep must be cultivated.

It is taught in Oriental lore that refreshment gained through sleep is not a mere matter of hours thus spent. They claim that when the mind dwells upon higher thoughts as we pass into the realms of unconsciousness, it continues on this restful plane throughout the period of slumber.

To-night, when ready for bed, take up a simple little story that leads you entirely out of your every-day routine. It will relax your tired brain in spite of the tension that has been gripping it for hours. It is especially valuable for girls of nervous temperament and for those who spend

much time in intellectual work, to relax the mind entirely just before retiring.

Scientists have discovered many interesting facts about sleep. The Italian investigator, Mosso, learned by experiment that the arm increases in size because of the extra flow of blood into it during sleep, and that the brain becomes smaller from the outflow of blood. Indeed it is this diminished blood-supply to the brain that is one of the most important factors in producing sleep. If this does not come about naturally, we may take ways to assist Nature. It is for this reason that one suffering from insomnia is often advised to eat some easily digestible food before retiring, in order to call blood to the stomach for the work of digestion. One physician, especially interested in such cases, has advised keeping a little spirit-lamp by the bedside, so that milk may be heated at regular intervals during the night, if the person is awake. The very act of going through this routine is supposed to induce sleep.

Fatigue of the body and brain is one of the best preparations for sleep that Nature offers. But it is not left to her alone to fulfill all conditions for sleep, for we ourselves must withdraw the ordinary stimuli that reach the mind through the senses. For this reason we draw the curtains

so that the eyes shall be deprived of light. This is why we court quiet for the sleeping-room. This, too, is why we remove all constricting clothing, so that the body may be perfectly relaxed as it lies down to rest. If you are too warm, make use of some simple means to ensure comfort, such as taking a cool sponge, a short walk in the evening air, or a cooling drink.

If you are chilly, take a warm bath, some warm drink, or toast yourself by the open fire. And the girl who habitually suffers from cold feet will find bedroom slippers or a hot-water bottle a great comfort. The old-fashioned warming-pan played a truly beneficent part in the domestic economy. Warmed night clothing and warmed bed clothing on a cold winter's night send one to dreamland in an atmosphere of perfect comfort. It is a great art to properly adapt the bed clothing to one's individual needs. Such coverings should never be heavy. They should be as light as possible and warm — but not too warm.

If you are obliged to share your bedroom with some one else, at least have your bed to yourself. It is impossible for two individuals to have exactly the same needs in point of temperature and hours of sleep. Many instances are told of declining health and strength in children and young

girls who, for some reason, share the same bed with older women of the family.

Another point about sleep that has interested scientists, has been the gauging of its intensity. Experiments have been performed with graded sounds which were employed at different hours of sleep. The work has been done with such mathematical precision that the variation of the depth — soundness — of sleep has been satisfactorily determined.

It has been found that the deepest sleep occurs about an hour after one has retired; from the second to the third hour on, sleep is very light. The recuperation of the body, however, seems to go on just as well during the lighter sleep as at the earlier stage.

If you will take the trouble to notice to-night just how you go to sleep, you will doubtless find that the entire brain does not lapse into unconsciousness at the same instant nor to the same extent. You can, as a rule, really hear sounds after you have lost the power to make conscious movements. When you awake to-morrow morning, you may become conscious of sounds before you are sufficiently awake to make voluntary movements.

During sleep our breathing is slower and the

chest or costal type predominates over the abdominal. It has been found, too, that during sleep the eyeballs roll upward and inward, while the pupils are contracted. A well-known writer on physical and mental culture teaches her pupils to simulate sleep by making the eyelids heavy and drooping them by degrees over the eyes, as one would do when very drowsy. This is helpful in bringing sleep to restless and wakeful girls. One of her pupils has told me that upon lying down she closes her eyes in this fashion and pretends to look into her head.

It is a common thing to notice that when sleepy the eyes feel as if they had sand in them, and one is apt to rub them involuntarily. Investigators tell us that during sleep some of the secretions are diminished — among them the tears. The surface of the eyes becomes drier, accounting for the feeling of irritation.

They also tell us that drowsiness after a heavy meal is probably due in great part to the dilatation of the blood vessels of the internal organs, and so to the diminution of the blood flow through the brain. At the end of the day, however, sleep is associated with a dilatation of the blood vessels of the skin of the trunk and extremities.

As a rule, girls do not realize what a very important element of beauty is the early bed hour. It is not until the lines begin to come and the dark circles appear that they wonder if late hours have anything to do with these finger-marks of time. Ten o'clock is not too early for any girl to retire. If she is doing much mental work, or if she has fatigued herself to the point of nervous exhaustion — if for instance she is teaching school — then eight o'clock or a half hour later should be her retiring hour until she completely recovers her vitality.

From all the experience that I have ever gathered from girls, I can but feel convinced that "beauty sleep" is not a mere term, but that it rests on a sure foundation. I feel sure that sleep before midnight is really more health-giving and adds more to beauty than any amount taken in other periods of the twenty-four hours.

XXVIII

THE SKIN: ITS ENEMIES AND FRIENDS

ONE day in October on an outing in the mountains of one of our middle States, we stopped at a farmhouse to ask for a glass of milk. It is such a common thing to meet girl friends in all sorts of out-of-the-way places that it was hardly a surprise to find one here.

As we had driven a long way that afternoon and the horses were weary, we did not need much urging to put up for the night. There were still several hours of daylight left that were devoted to a stroll along the beautiful roads. On our walk we came upon a picnic. With the true hospitality of this mountain region, the young people insisted on our joining them. I was impressed with the blotchy complexions and defective teeth in the young girls who should have been at their freshest and best.

That evening as we sat around the big open fire roasting apples and cracking nuts, we talked this over with our new-found friend. I asked her why it was that in a spot so smiled upon by

Nature, so untrammled by the limitations of the city, where fresh air and sunshine were limitless, there were the universal sallow and blotchy skin and imperfect teeth.

She talked very frankly about it, for although she had been born in the old homestead where she had received us so kindly, she had been sent away to school several years before, and had come home imbued with many new ideas. She asked if we had noticed that afternoon at the picnic supper the wonderful variety of pie, the quantity of heavy cake, and the general indigestibility of the contents of the baskets. We had to confess that we had observed it. "That is no exception to the general diet here," she went on. "If you were to visit in almost any of the homes you would find, day after day, the same dishes appearing. The meat consists mostly of pork in every form; pork roasted, ham fresh and ham cured, sausages; oftentimes buckwheat cakes are eaten three times a day, greasy doughnuts, even in the morning, heavy cake, and pie — why, pie might be called here the staff of life — and we are not in the 'pie belt' either, you know. I watched my chum's mother cutting piecrust the other day, and I asked her how often she baked. She said on the average, every other day she baked ten

pies of different kinds, and there are only four in the family at that. I just wanted to start a cooking-class right then and there, where these girls could have the opportunity of studying the effects of foods and proper methods of cooking. I mean to later," she said, with a determined air.

"What general diet would you suggest, for girls in their teens?" she asked, turning to me.

"'Simple and nutritious' are hard-worked terms," I replied. "So let us name special foods that offer a sensible list for a 'teen girl.' At breakfast I would omit meat, substituting a soft-boiled egg. This, with buttered toast, may follow a cereal dressed with cream and sugar. Seasonable fruit — oranges, apples, berries, grapes — conclude the meal. Coffee and tea are better ruled out. Cereal coffee may be taken without harm.

"For lunch a cream soup, bread and butter, a simple custard or pudding is sufficient. When dinner time arrives, a generous portion of tender, well-cooked meat — beefsteak, roast beef, lamb or fowl — thoroughly cooked potatoes, a vegetable, and stewed fruit with wafers or simple cake. If the girl is hungry in the middle of the afternoon let her concoct an egg lemonade, using two yolks instead of one white and yolk.

“ Oh! if these girls here in the country would only eat vegetables and fruits instead of pie and doughnuts! If, too, they would make a rule that not a day should pass without drinking between meals, at least three pints of the delicious water we had at that bubbling spring this afternoon!

“ You might start a ‘ fruit-room ’ such as they have in Australia, offering bread and butter and fruit for a pittance.

“ There must be other reasons, though, besides over-worked digestions, for the sallow skin and pimples,” I mused.

“ Yes, of course there are,” she replied. “ If you could go into the bedrooms of most of these girls, you would find them wretchedly ventilated. Sometimes there is no attempt at all to introduce fresh air into them. They are often rooms with no sunshine in the day and little air at night. I know of many with only one window.”

“ It is the same old problem,” said I. “ Girls cannot have clear skins, although they do live out in this life-giving air for ten hours of the twenty-four, if they shut themselves up in stuffy, box-like rooms for the rest of the time.

“ Another hygienic lapse I notice here, is the little exercise that your girls take. Wherever they go they ride. Just look at the hill-climbing

simply urging you to take it, together with the incidental perquisite of fine color!"

"Still another important omission is the daily bath and rub," continued our hostess. "Of course it is not so easy or comfortable in these country houses to go through with this daily grooming, and of course the neglect shows itself in the complexions."

"Yes, but as soon as girls realize that the skin is the surest index of bodily health—and age—then will they become energetic in bathing and rubbing. A smooth, healthy skin is proof that the tiny blood vessels are in good condition and are supplying needed nourishment. Let them wither and disappear, and there is a parchment-like, wrinkled skin as a result. So preach to these girls the effects of bathing, rubbing, exercise, the breathing of fresh air, wholesome diet, generous water-drinking, and the transformation in good looks and health will have made an encouraging start."

It is not alone in one part of the country that we meet these unhygienic conditions. Last winter, while I was taking care of an invalid friend in the Southern mountains, I observed that the girls in that region quickly lose their youth after twenty-five. The same lifeless skin, the

same carious teeth, the same haggard, worn faces, and stolid look were to be seen in nearly all the women of thirty-odd. When I asked a friend about this, she said it was because these women worked so hard. At first I thought this might be the reason, but when I remembered the fresh, vivacious faces of many city women whom I know who work under pressure from morning until night, I could not attribute the difference in the appearance to blessed work.

I am convinced that an interest in life is a necessary factor for the preservation of youthful charm. This, of course, must be aided by a common sense observance of the primary laws of hygiene, a knowledge of which is absolutely necessary, if girls wish to keep and improve the beauty of their young lives.

The customs of these days are helping us out. It was only as short a time ago as our mothers' girlhood days that the grandmother of the family, though scarcely turned forty, sat solemn and quiet in the chimney corner, wearing an old lady's cap and knitting stockings. She was generally termed "granny." Imagine the horror of many of our modern women, who at that age do not look as if they had stepped beyond the bounds of youth.

It is a common saying that there are no old

ladies now, and this in its best and highest sense is a hopeful condition of the times. It does not mean that women can no longer grow older with grace, nor that they must dress as though they were still in their teens. Such a state is more pathetic than it is ludicrous. But it does mean that women now, whatever be their age, are full of the interests of life; are brimming over with sympathy for all the affairs of the younger members of the household. Surely nothing sweeter can be said of the mother in a home than that all of the young people enjoy coming in to see her as much, if not more than they do those of their own age. Such mothers are not rare in these days. We know many of them. Truly the youth of the spirit is the gauge of one's years.

XXIX

CHRISTMAS JOY THAT GIRLS CAN GIVE

WHEN the air is rife with Christmas thoughts, I am sure many girls interested in the sick poor will be glad to know just what is really acceptable to those in hospitals. So I am going to tell you about a hospital with which I am connected, and one hospital is in general much like another. This special one, which is in the heart of the city of New York, was planned originally for children and young people, although now there is one good-sized ward for women. The building occupies the large part of a city block.

Into the Dispensary Department are brought children of all ages and with various deformities, and after it is decided who are to enter the hospital, they are sent upstairs into one of the wards. Some of the children have to be put into plaster jackets, with an iron rod curving up over the head; while others, confined by various kinds of apparatus, are kept in bed for many weeks, some of them lying there with a heavy weight continually

pulling on a crippled leg. This treatment, however, mitigates the suffering. Again, there are others who can hobble about the ward on crutches. All donations to the hospital, including Christmas gifts, find their way to the stock-room. These donations often form a motley collection as they are ranged around the room to be sorted, inventoried, and finally distributed. It is hard for some girls and even for older people, too, to realize what is true philanthropy. It is not generous to give away things that you do not care for, and which are of no earthly use; and yet many people feel morally uplifted after giving away clothing that they would not wear themselves. The matron of this hospital, who has all gifts in charge, told me that as soon as she cut the string of a package the character of the sender stood out like a photograph. You may be sure, however, that any of the following articles will prove most acceptable, for the list is a practical one, the outcome of years of hospital experience. And just here, for whatever you make, buy material that will wash well and that will look well after it is done up. Such material costs no more; it takes only care in its selection, but this care is repaid a hundredfold.

Perhaps nothing is more useful for young or

old than a pair of bedside slippers. They look well in the wards. They are very simple to make, and they give ample opportunity for the display of individual taste, both in color and in pattern.

Loose sacques are always in order. When they are for little children they may be knitted or crocheted, or they may be made of outing flannel. These will launder well. Short kimonos are very acceptable for young girls or women, when they are convalescent. There is a large variety of wash materials suitable for these. Eider-down sacques may be bought ready for wear, or they may easily be made. They come in pretty, delicate colorings, will wear a long time before becoming soiled, and they also wash well.

If you have ever been very sick, you can remember how weak you were when you began to grow better, and how heavy an ordinary book was to hold. You can sympathize with the little sufferer, lying on her back in a brace, with the use of only her arms. What a joy it is for such a child to have a number of scrap picture cards to look at! Even when well enough to play on the floor she will enjoy them. The foundation of these cards is a piece of light pasteboard; a box

cover will do. In covering these your ingenuity can have full play. Some are made of pictures only. If you are making them for an invalid whom you know, you will have an idea as to what sort of pictures will best please her fancy. A little bright coloring makes the card especially attractive. A bit of poetry, a funny anecdote, or any reading matter generally adds interest. I will describe one that I am looking at now. It is six inches by thirteen in size. On one side there is a very attractive bunch of bright sweet peas. Next to this is the picture of a girl talking to her parrot. In another corner is an advertisement of a popular breakfast food, with a baby sitting in a toy wagon and waving its spoon over a bowl of the food, while a small boy, lying at full length beside the wagon, is on guard. Just beyond is a field of grain, which a man is mowing down with a machine drawn by two horses. Many advertisements offer admirable bits of action for such cards, as they are often really pictured stories.

Scrapbooks not much heavier than these cards can be made of plain manila paper, one large picture being pasted on each cover, so that the book is made stiff enough to handle without bending. Then, again, you can make linen scrap-

books in the same way, using linen instead of the manila paper, the beauty of these being their extreme lightness. If you have only a few pennies, you can still make the book, for the pictures you can gather without cost from papers, boxes, fruit and vegetable cans. A pretty idea is to lay off the leaves of the scrapbook like the plan of a house, different leaves representing different rooms. Pictures of furniture can be easily clipped from furniture catalogues, and with the book spread flat, paper dolls may be made to carry on the various housekeeping arrangements. For a little child who has to lie on its back, whether in bed or in a wheel-chair, such a plaything is a bonanza, and whiles away many a weary hour. Single stories may be cut from a magazine, and bound with fancy paper and two bits of ribbon.

A very pretty quilt can be made by a club of girls. It is composed of blocks of unbleached muslin, seven inches square. The blocks are separated by strips of red, oil-boiled calico, two inches and three-eighths wide, the same being used for a border around the whole. There is no quilting, the red border being stitched simply on both sides with an interlining of unbleached muslin. The blocks are on one side only, the

back being made of the calico. They are worked in various designs and colors. If you have a talent for drawing you can sketch your own design on the block; otherwise you can draw it off on oiled or even tissue paper, and work over it. When finished, each block is a picture, and sometimes a name is worked below. One of these quilts is made of sixteen blocks; each girl could make one or more blocks, and they could be joined together at a "quilting bee."

Dolls offer a never-ending source of amusement to girls. One little mite who was paralyzed from her neck down, the only muscles of her body that she could use at all being those of her face, enjoyed her dollies just as much as a well child does. As she lay helpless in her little crib, some child who could walk would arrange the dolls on the bed so that she could see them. She would chatter to them till she grew tired, and then some one would change the dolls all around and the play would begin again, and so the tot amused herself the whole day long.

Girl patients like to do things with their hands. Many of them love to make doll clothes. Sometimes there is a genius in a ward, like a little Italian girl in our hospital, who can cut and fit almost any known doll garment. Some children

cannot make the clothes till they are first cut out for them. Scraps of pretty material are most acceptable, as are also little work baskets. A "surprise ball" can be made by winding about any toy, such as a tiny doll, yards and yards of worsted. After the ball gets started, other toys may be put in at intervals. When the ball is completed, a crochet hook is stuck into it. The child begins to crochet some little thing, such as reins, and as she gradually unwinds the ball, the hidden treasures fall out.

Beads are fascinating to girls. Even little girls, not more than three years old, will string beads by the hour. Older children can make bead ornaments of various kinds, such as chains and belts.

Both boys and girls are fascinated with a tiny purse, especially if it contains a little coin. Last summer, when our hospital children came away from their summer home, each one was given a little pocketbook with a bright new quarter in it, and it was a delight to them all. A little money is a great amusement to these children. You will often find one child appointed treasurer for a group of friends. This official keeps a slip of paper on which are written the names of the depositors, with the amount credited to each one.

There will be: "Carrie, ten cents; Johnnie, five cents," and so on down the list.

One day, one of our doctors asked a little chap how much ten from one hundred was. The child had no idea. "Well," said the doctor, "suppose I should give you a dollar to go out to buy ten cents' worth of candy; what would the man give you back?" Quick as a flash the child answered: "He'd give me the candy, fifty cents, a quarter, a dime and a nickel."

Boys, especially those confined to bed, dearly love a little racket with a ball attached to it by a rubber cord. They can bat at this to their hearts' content, and they amuse themselves for hours in this way.

Boys who can sit up enjoy playing jack-stones, and if they can win a game from a nurse happiness reigns. A boy who has to lie on his back loves a whip as well as his sound-limbed brother. A whip or a ball, even if he can do nothing but look at it, is a great delight. And there is such an infinite variety of balls to choose from, rubber balls, with maps on them, balls attached to a rubber cord, fastened at the other end to a ring slipped over the finger, and many other kinds.

Kindergarten boxes of material may be purchased for a song, and many delightful things

may be made from them, such as baskets, picture frames, and dolls' hats.

If you are in the neighborhood of a ten-cent store, you will be astonished at the amount of happiness that can be purchased for fifty cents. At these shops, you can get dolls, balls, woolly sheep, cows, and horses; tiny cups and saucers; checkers and dominoes; handkerchiefs with bright borders, or printed with animals, "art studies" which the children spend hours over, filling out the pictures with colored crayons; and many other treasures.

Perhaps by this time you are wondering what all this has to do with "Pretty Girl Papers." But do you not know that nothing is so conducive to health and beauty as pure joy and happiness? And the purest and most lasting are gained by putting aside the thought of self in an effort to lighten the burdens of others. And surely at the Christmas season our thoughts must go out with special tenderness to the sick!

A LITTLE TALK ABOUT MARRIAGE

WHAT a mistake girls make when they think that in some magical way marriage must confer happiness upon them, almost in spite of themselves! In reality domestic joy, like every other coveted possession, must be worked for, and earned by cheerfulness, patience, and forbearance, and by consideration for not only the tastes, but the idiosyncrasies of the husband as well. For although now you do not realize it, Prince Charming is, after all, a mere man, and either likes, or does not like, baked beans and muffins, red paper or blue; and before very long he will be quite apt to express these likes or dislikes, often with a certain degree of enthusiasm. Some day, when his faults, which, by the way, you must pretend not to see, seem to be developing with alarming rapidity, just turn your gaze inward and try to see yourself with his eyes, for "even thou art a little queer sometimes!" "Both should burn up in the bonfire of first love all hobbies and 'little ways' that can possibly prevent home

from being sweet." Do not bring any "just my little ways" into the new home. The older you are, the more of them you will have. Mutual courtesy is, perhaps, the chief corner-stone of happy married life.

Remember that your husband will depend upon you more than you will depend upon him. A bride does not always understand this, but it is one of the unwritten laws of matrimony.

Look out for the first misunderstanding, for if you manage to steer your little bark safely by this obstruction you will find the same manoeuvre to be far easier the next time, and finally you will become such an expert that it will not be very hard to sail through a rough sea with considerable equanimity. It takes a great deal of self-control for the best of us to learn to live in perfect harmony for a lifetime with one who is at first a comparative stranger. But there are many little suggestions that your elders are only too glad to make, which, if you follow, will help you over many a difficulty.

Do not think that it is unnecessary to make yourself attractive just because you are married. This is a sad mistake. Try even harder than ever before to make the most of yourself in every way. Men do not care for what other people

do not value. Do not drop all of your other friends as soon as you become engaged, nor after you are married. You will both enjoy each other's society all the more if it is tempered with that of others. Variety only enhances the worth of what you care for most.

Do not lose your individuality. An echo is always monotonous, and no good comes of it to any one concerned. But although it is well to have your own ideas about matters in general, do not argue, for that path is full of pitfalls. Don't nag! Don't exaggerate trifles. You can even afford to overlook them, as a rule. Use and cultivate your own intuition, for you have plenty of it, and it saves the necessity of many a question.

Resist any tendency you may feel to serve as valet to your husband. Rather let him play the rôle of lady's maid for you. If you begin to brush his clothes and run for his slippers, the chances are that he will let you continue this to the end of the chapter.

Some day your husband will probably forget your birthday, or the anniversary of your wedding day, but because of this do not think he has ceased to love you, and do not cry, and, above all, do not "mump!" Far better speak of the

approaching holiday and give him a chance, for men are not apt to think of "little things," and these make up the sum of women's happiness.

You have stretched out before you in the married life the broadest possible opportunities for the greatest happiness that is ever offered to mortals. This is the normal life, where the dearest relationships exist. Do not mistake your privileges, nor fall short of what you can well attain.

It is generally conceded that the most suitable age for marriage is for a woman between the twenty-fifth and twenty-ninth years, while for men it is several years later. However, all rules have exceptions, and so has this. Girls do not marry nowadays nearly as early as their grandmothers did. My great-grandmother used to say that it was just as well for girls not to marry too young: "for if you wait a while," she said, "and marry a good husband, you will be repaid for waiting. And if you are disappointed in him you will not have so long to live with him!" You see, she was too old-fashioned to consider a divorce.

If you could only realize the joy of having your entire trousseau completed several weeks before the wedding day! I have a young rel-

ative who had everything absolutely finished and folded away six weeks before her wedding day, and she is not a "prig" either. She had six long weeks to devote herself amiably to the family at home. She was not worn out and irritable and cross; and when her fiancé called she was not "being fitted" by an exacting dress-maker. Such forehandedness will repay you many-fold. A young woman who was married early last year said that more tiring than anything else associated with her wedding was the enthusiastic admiration of her friends, who called in the last two weeks to see her presents and trousseau. She declared that she was worn out with: "Oh, isn't that too sweet!" "How perfectly lovely!" and so on, throughout the gamut of girlish gush.

It is an excellent plan for both young people to have a conscientious physician's assurance that there is no contra-indication to marriage. Good health is one of the most essential foundation stones of a happy marriage. We have all seen girls marry to reform a man — have you ever seen it a success? What a man cannot accomplish before marriage, he probably will not care to do afterwards. If girls would only realize the suffering in store for them in such

cases, there would be fewer unhappy marriages, for after all, girls do live happy lives without marriage.

Long engagements are not wise; neither are very short ones. From six months to a year is a sensible time. Both spring and fall are suitable seasons for a marriage. Extremes of temperature, either mid-winter or midsummer, are not favorable, for at both times the physical strength is more taxed than in the milder months.

Sir Edward Bulwer says a man wants a companion for a wife. "He does not want a dancing animal, nor a singing animal, nor a drawing animal; yet these three accomplishments have cost many women years of painful toil to acquire, and they often marry a man who cannot appreciate any one of them."

Loyalty to your husband is a jewel that you must carefully cherish. You remember Sidney Smith's definition of marriage: "It resembles a pair of shears, so joined that they cannot be separated, often moving in opposite directions, yet always punishing any one who comes between them." Never let any one come between you and your husband! Never tell his faults to any one else. It will make you both miserable. Make him your confidant, and not another.

True comradeship is one of your strong bulwarks of happiness. Always let him be sure of your sympathy and interest in all of his doings.

A long bridal trip is a great mistake. People are especially apt to be nervous and selfish on a journey. You will be much happier at first if you have a daily occupation to take up part of your thoughts. It is always wise to be as well prepared as possible for your new life. Learn all you can about the various branches of housekeeping, as well as house sanitation, for in that field you will be the General, and you must be prepared to command intelligently.

XXXI

IF YOU WOULD BE A PRETTY AND HEALTHY BRIDE

It may be true that all clocks and calendars represent an equal amount of time, but this does not seem to apply to girls. It is as hard to spend time judiciously as it is to spend money wisely. Do you ever sit down quietly to take an account of your own assets? In other words, do you ever ask yourself the question: "How do I spend my time?" Are you getting the highest rate of interest for it that is offered? You certainly would never put any of your savings in a bank paying two per cent, when there is as safe an institution next door giving three per cent.

You have now three months by prosaic measure before the great event of your life. Nature has given us a certain amount of vitality, but with limitations. She leaves it to us to make the most out of her gifts. This takes common sense and careful thought. There is also another point of view: with this limited amount of vitality as our stock-in-trade, whatever time and nervous

energy we fritter away is taken from what is really worth our while.

It is a woman's nature to care for some one, and, now that Prince Charming has come to care for you, all that you do to keep yourself as he would have you is done for him. It is so much easier to do for other people than it is for ourselves that this thought makes the care of yourself a very easy one. Nothing is going to do more to make you pretty and healthy than to take plenty of rest during this time. Some of the prettiest and youngest looking women of our time, women like Queen Alexandra, and Dortzal, the French prize beauty, have early learned the secret of rest. The English Queen naps every day. While taking her daily drive, she reposes in the corner of a very easy carriage. In receiving, she reclines in a chair arranged for her comfort, with her back to the light.

At the time the Empress Eugénie opened the Suez Canal, the number of entertainments given in her honor was appalling to one who knew that her beauty depended upon regular resting-hours. She said one night to one of her ladies-in-waiting: "I shall go home looking like a fright! Help me to arrange a resting chair." And at the next reception, to the admiration of the assembled

courtiers, Eugénie reclined throughout the evening in a comfortable chair, her tiny gold-slippered feet resting on a footstool, her one wish being, "If I can only keep awake!" The next morning the French papers could not sufficiently praise this clever and beautiful woman, who was "unruffled all through such arduous duties of state." Little did they dream of the object of that throne.

In contrast with the beautiful Eugénie, the Czarina, who is intensely highstrung and nervous, is continually "on the go" and never seems to rest. The Czar has tried in vain to teach her the lesson of repose, but she has not been able to master it. A noted woman who not long ago was visiting in Russia says: "The poor Czarina is losing all of her beauty and youth and freshness."

You cannot afford to forget what an advantage it is to your looks and disposition to go to bed early. Such a habit formed now will do much to bring you happiness in married life. I do not mean that you must give up all pleasure in the evening, but if you are out late one evening be sure to go to bed early the next night. In this way you will preserve a good balance. If your fiancé is living in the same town, it is a good plan to limit his calls to three times a week. You

will both enjoy them all the more if they are not too frequent. The season of courtship is always a nervous strain, and it is only justice to yourself and to your lover to relieve the tension now and then. And do not overdissipate on Sundays. The way you feel on Monday morning will follow you throughout the week. If you are a girl in business, it may be impossible for you to take an afternoon nap, and the night's sleep will be all that you have to depend upon. You cannot overestimate its importance.

The good looks and vivacity gained from outdoor exercise will do far more to attract the "Prince" than will any amount of primping before your looking-glass. Then, too, when "he" does come to see you, plan so that you can spend a good part of the evening in the open air.

If within walking distance of your business, avoid the cars. You will get in a great deal of valuable exercise by walking to and fro both morning and evening. If closely confined, you can at least "walk around the block" at noon, besides eating your luncheon. Do not omit a few simple breathing exercises both night and morning. They take only a few minutes, and they will do you more good than you can possibly realize until you try them.

Brides-to-be often ask me for suitable books to read. First, I should advise a good cook-book. *Catering for Two* is an appropriate one. *The Boston Cooking School Cook-book*, by Fannie Merritt Farmer, and Mrs. Henderson's *Practical Cooking and Dinner-giving* are among the best. If you are in business from morning until night you may groan at this suggestion, but wait until after you have tried its effects. You at least have time in the evenings for the mastery of chafing-dish recipes, and I assure you that you will never appear more fascinating to Prince Charming than when you are preparing for him some toothsome morsel with your own hands.

After your marriage, even though you may have had no more time to devote to cooking than to learn the chafing-dish accomplishments, this knowledge will help you wonderfully, and will be an excellent foundation for all the intricacies of the art. If your home is so arranged that you do not have to do your own cooking all the week, this duty may fall upon you on Sunday night, and you will find that this is one of the pleasantest hours in the whole week, when you and he are all by yourselves with no disturbing element, and with the chafing-dish between you. All men love a domestic woman.

An excellent little book that I often recommend to girls about to be married is Dr. Anna Galbraith's *Four Epochs of a Woman's Life*. It contains many a valuable hint for prospective brides. Then, too, you certainly should know something about the hygiene of your household, and I know of no better book for this purpose than T. M. Clarke's *The Care of a House*.

A good general family doctor book is Roosevelt's *In Sickness and in Health*. A book on general hygiene will also be of value. Bissell's *Physical Development and Exercise for Women* is an excellent manual for this purpose.

If your finances will permit, leave business at least three weeks before the wedding day and spend the last week in absolute rest. Nothing takes the place of a "bed-rest." One day spent in perfect quiet in bed will greatly add to your vitality.

You will never regret having both outfit and wedding very simple. Such an event involves not only yourself in overexertion and strain, but all of those who are near and dear to you as well. A mother told me not long ago that it took her six months really to recover from the fatigue of her daughter's wedding. It is far better to have only those things that you really need, and to

replenish your trousseau later with fresh garments.

Surely no one will make a happier bride than the business girl. She, more than any of her indolent sisters, understands what a man's life is, and can adapt herself to his point of view. She realizes what a haven of rest to him his home is, when she rightly guards it. When he returns worn out and weary with the day's turmoil, she knows enough not to ask him "What is the matter?" or "Why don't you talk?" The sympathy between such a girl and her husband is bound to be very deep and sweet.

And deeper in the heart of life than all the rest lies your duty of holding to ideals. We must remember that it is the woman, particularly, who through her own nature is best fitted to stand for the beautiful and the refined. Even if the man you have married happens to be one of the intensely practical kind who smiles at ideals, nevertheless he will appreciate the beauty and power of yours, and will be uplifted by them. He may not perfectly understand them, but what man ever does perfectly understand a woman?

XXXII

HOW FOUR THOUSAND GIRLS FOUND HEALTH

IN recent years, letters have come to me from girls in every State of the Union and from many foreign lands, telling of the various ways in which the writers have found health. These girls, more than four thousand in number, have had not only the common sense but the self-control and strength of character to persist in using regularly some simple little hygienic pass-key, till they now see the results in good color, healthy skin, comfortable digestion, and light heart.

It often takes a stronger character to put down an interesting book at a reasonable bed-hour than it does to accomplish something that we call great. It is the so-called insignificant things of life that show the true character, and yield the richest fruits. Special preparation can brace us for big things, but it is the fiber of the character as it lives day by day that supplies the strength to resist natural inclinations toward ease.

And what have these four thousand girls done to improve their health? The means they have used are in themselves simple, like most things worth while. The great part was in the doing.

SEE HOW SIMPLY THIS GIRL DID IT

“I had nervous prostration. After two years I resumed my occupation — that of teaching in a large grade and directing two assistants — but found myself with irritable nerves and a constant feeling that my head would ache in just a minute. I determined not to give up my work but to do both that and improve my health at the same time. At the end of the year I found myself practically well, and this I attribute to two things besides daily exercise in the open air — a ‘slush bath’ and Saturday rest. The ‘slush bath’ was taken as follows. Take a bowl of salt and moisten with cold water so that it can be taken up by handfuls. Rub this mixture over the body, rinsing with clear water and drying with a coarse towel. Saturdays I stayed in bed, whether I slept or not, until about four in the afternoon; then after my bath and the rest of Sunday, I felt ready for a week’s work. On Saturdays I rarely ate anything until dinner,

as I found the rest did my stomach as well as my head good."

COLD BATHS WOULDN'T DO FOR THIS GIRL:
SO SHE DID OTHERWISE

"I was nervous and wanted to improve my vitality. I tried cold baths, but found the reaction good only when I was already full of vitality. Hot baths were very beneficial in some ways, but weakened the skin so that it was made susceptible to cold. How to get good permanent results from the hot baths led to several experiments, one proving perfectly satisfactory. It is this: I made a saturated solution of sea-salt, into which I put five or six brown linen crash towels, which proved superior to Turkish towels for this purpose. Then squeezing the water out without wringing, I left the towels quite wet, so when they dried they were stiff with salt. Each morning I take the hot bath on rising, followed by a thorough rub with these towels. It leaves the skin in a healthy condition, and the general tonic effect is really surprising. In cold weather a dry rub with the salt towel upon retiring may be added. If the skin is sensitive to the harsh towel, rub very gently at first, but it will soon become accustomed to the friction,

and the increased activity of the blood has a very beneficial effect on the digestive organs, and on the nerves: it is also a protection against colds, which are a thing of the past for me."

Great care, however, should be taken to choose the bath best adapted to each individual. As a rule a very warm bath in the morning should be avoided. Tepid water, gradually lowering the temperature, will generally prove more beneficial than hot.

A SECRET ATHLETIC CLUB

"A few of my friends and myself started a secret athletic club, — secret because secret societies were the fashion. All girls were eligible who had bad complexions, walked with stooped shoulders, or had headaches: the age limits were thirteen and seventeen. Every week we met and practised walking, jumping, breathing, and other exercises. Each girl took exercises to remedy her particular ailment. For instance, in my own case, I was stoop-shouldered and had a bad complexion. I took walking exercises with a stick across my shoulder blades. When the girls met me on the street, they kindly and gently reminded me to stand up straight. I dieted and took breathing exercises for my com-

plexion. Then we had general rules. Each girl could wear a corset, providing it was not tightly laced, but none was allowed to use powder, and only those with indigestion were allowed to use chewing-gum.

“ We had a grand review every year, and all vied with each other to be in the best condition. We went to a friend, a physician, and had our eyes, hearing, teeth, and whole body tested. The plan succeeded admirably, and to-day, at seventeen, I enjoy rugged health, have a good complexion, and am often complimented on my graceful carriage.”

Other girls would do well to follow out the plan of the members of this club in their “ teens ” of having a careful physical examination once a year.

TWO GOOD EXERCISES FOR GIRLS CONFINED ALL DAY IN AN OFFICE

“ It may seem strange that a girl should take to such a boyish game for exercise. But it has done wonders for me and some of my friends who started with me. I am employed in a large factory here where I have been for nine years, sitting steadily for nine hours every day. About six years ago I was doctoring for nervousness,

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indigestion, and a blotchy face. I was completely broken down. The doctor said that I must leave the factory. I was earning twelve dollars a week, and could hardly afford to work for less, so I decided to take chances. I bought a ball and a glove to protect my fingers. At first I threw the ball as high as I could to catch it. Again I would call some little boy in to toss with me. Another way was to throw the ball with full force against the house, catching it when it rebounded. I practised every evening for only a few minutes. Now I can catch and throw like a professional, and I enjoy the exercise immensely. I have not lost a day's work on account of ill health for five years. My complexion is fine and I enjoy my meals. In winter I exercise with a pulley attached to the door frame. If girls would only take to outdoor sports like this it would put a stop to their ailments."

WOOD-CHOPPING GIVES HEALTH

"Totally worn out, and with my health ruined by confining office work, I was forced to give up a responsible position that had been gained only through years of faithful work. I tried in every way to regain my health, but in spite of all I could do I seemed to be daily slipping away from

life. I could neither eat nor sleep, I had hardly energy to move, and my whole system seemed out of working order. One day I chopped a few kindlings for dinner; to my astonishment I felt better. I tried it again at supper time, with the same result. Thereafter I did it three times a day. At first a few moments of the work tired me, but each day I found that I could increase the time a little. To-day I am in perfect health. The exercise sent the blood tingling through my veins, straightened my bent shoulders, made new my weak lungs, exercised and strengthened almost every muscle, gave my whole body a warm glow, and gave me an appetite and refreshing sleep."

THE GOOD EFFECTS OF A PEACEFUL MEAL- HOUR

"During my last year at school my stomach gave out, and dieting and tonics both failed to relieve the trouble. We are a large, noisy, argumentative family, too much given to discussing life's unpleasantnesses at table. I talked it over with my mother, and she hit upon the idea of serving my meals in my room, at a low table in a sunny bay-window. The absolute calm of my surroundings worked like a charm the very

first meal. In a week I was able to join the rest down-stairs."

AN IDEAL LUNCHEON

"Sandwiches had long since palled, when one day I tried the experiment of a half-pound of figs. It was my most enjoyable luncheon for months, and I let the other girls at the office in on the wonderful discovery of fruit luncheons. The four of us club together and have two fruits each day, and we have grown quite scientific on the subject of what fruits go well together. We have one 'substantial' fruit: dates (sometimes stuffed with nuts), figs, bananas or apples; and one merely palatable fruit, such as oranges or grapes; and we never have two acid fruits, as apples and oranges, for the same meal. After a while we noticed that our complexions were improving, and on comparing notes we learned that none of us had once experienced the pangs of indigestion that occasionally followed our sandwich-and-cake luncheons. Afternoon candy treats were an institution in our office, but we soon found that after a noon feast of fruit we no longer craved candy."

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A GIRL FROM GERMANY HAS LEARNED MODERATION

“ I was always a very nervous girl, and school and big cities developed me into a neurasthenic patient. Without special physical troubles, I was never well, and gradually realized that doctors and medicines alone could not give me health, but that I must do my part. What did I do to strengthen my nerves? For one thing I stopped trying to copy other people! I do not take cold shower-baths any more, nor do I over-exert myself with athletics. I do not follow other people’s dietary rules, nor do I take cross-country runs with English friends trained to such sports. Instead, I have studied my body, and know my physical and nervous limits. I am now a contented, healthy girl, well balanced and able to accomplish considerable work. I improved materially by ‘slowing up,’ in a general way, by working, walking, eating, and talking more slowly than I did formerly. By training myself to this methodically, I find I can accomplish far more than if I were in a continual nervous rush and hurry — in fact as much as some of my strong, robust friends.”

RÉGIME FOR THE YOUNG HOUSEKEEPER

“ I am a young mother twenty-four years old, and have three little boys. For a while I became tired and nervous about noon; then suffered from a severe headache which would follow. As I could not leave either the care of my family or household duties, I tried my own remedy, which has cured me. After putting my little boys to bed for a nap, I take a quick sponge bath with cool salt water. I take simple head exercises — throwing the head back ten times, forward ten times, and so on. Then I put on fresh clothes and lie flat on the bed without a pillow, sometimes taking a short nap. I get up feeling fresh for my work and cheerful for the rest of the day.”

FOR GIRLS WHO ARE OVER-AMBITIOUS

“ Like other girls, I have a great ambition to excel in some chosen vocation, and when obstacles came in my way, I would become fretful and irritable, thus working myself up to such a nervous condition that my strength would give way and I would be prostrated, feeling the nerves along my spinal cord pricking like needles. I would be unable to sleep or lie still, my muscles twitching involuntarily. Realizing that this condition

would soon become serious, I tried to reform my views of life and my life's work. I now do the best I can towards success, and if I do not accomplish what I have planned, I think it of secondary consideration. My health shall be first, for without steady nerves I cannot succeed. I throw aside disappointment, for it is only mine, and I am merely an atom in the great sum of existence. The result is a perfectly healthy body, sound sleep throughout the night, quiet nerves, and a happy, restful condition of mind."

DOING SOMETHING THAT COUNTS THE BEST TONIC

"Last year I was enjoying a continual round of dances, receptions, chafing-dish suppers and so on, sitting up late every night. Every morning I woke listless, headachy, and without appetite. I fainted on the slightest provocation, and constantly suffered from nausea. Although I had never thought of teaching, I accepted a position that was offered me, and by September I was on my way South, — a rather frightened, homesick girl. I kept my nerve, took charge of the one hundred and fifty pupils, found every one cordial and helpful, and the novelty of the undertaking enjoyable. From that day to this

I have been like one made over new. There are no more breakfasts in bed, nausea, or fainting spells. I eat heartily and sleep like a top. I have not missed a day from my work. Although I am often tired, I enjoy my early bedtime the more. My recreations are basketball, shooting, and driving, and in the evening, concerts, the theatre, and so on. Do something worth while; it is the best tonic."

A VERY IMPORTANT PROBLEM

"My mother died of consumption, leaving me with the housework, a brother of seven, and a sister of three to care for. In two years I was a nervous wreck. I cried nearly all the time. The doctor told me I would die as my mother had. I could not stop work, but I determined to live. My kitchen was dark and small, so I moved my work table out on to the back porch, which was large and shaded all day. The pump and drain were here also. I washed all dishes here, putting them through a window when clean to another table to be put away. I washed vegetables and did everything else on the porch. I moved my sewing-machine out, and sewed whole afternoons, and every time I thought of it I breathed deeply. I washed and ironed, sewed and darned, and did

everything but cook on that porch. And I straightened up and took a long breath every few minutes. After each meal I took a teaspoonful of olive oil, and a raw egg with a bit of milk to make it go down. Whenever I felt faint or like crying, another egg went down. I took my bedroom window out completely, simply shutting my blinds if it stormed too hard. By fall I was well and strong, but I work on the porch yet."

A GOOD MOTTO FOR US ALL

"A great loss at home changed me in one short month from a happy schoolgirl to the homemaker with the care of a baby sister. My sorrow, combined with my responsibility, soon began to tell upon me, and I became disheartened and rebellious. This state of mind showed itself in my body, in the form of headaches and pale cheeks. I soon realized that I must do something, so I adopted the motto 'keep sweet,' and then did everything possible to live up to it. No matter what annoying, discouraging thing came up, I ignored the disagreeable side and looked for the bright. If little sister cried, I sang the jolliest song I knew, and peace reigned much sooner than by the 'spanking method.' I cheered other worried ones, sympathized with the little

sorrows of the neighbors' children, and sent home-grown flowers to the sick and aged. If I disliked any one, I persisted in doing them little kindnesses until their pleasure made me happy, and I positively learned to like them. What was the result? In less than six months my headaches and tired feeling had taken 'French leave!' My eyes are now bright, my cheeks rosy, and I am buoyant and happy with the mere joy of living. And all because I changed my outlook on life."

IMAGINATION AND THE POWER OF RELAXATION

"Although outwardly calm, I had long been troubled by an inward nervousness or tenseness. I practised relaxation. Whenever I found my muscles growing tense, I put aside my work and lay flat on my back for about ten minutes. First I would let the jaw drop. It made me feel idiotic, but I persisted. Then I would relax the arms, trying to make them as limp as water. Closing the eyes, I would imagine myself molasses and oozing away at the finger-tips, or a frozen rag with warm water applied. Then I would try the same plan with the lower limbs, and finally with the whole body; or, sitting on the edge of a chair, I would let the body slowly sag forward until arms and head nearly touched the

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floor. My sleep is now restful, I do not waste energy, and I can do double my former work."

ONE DAY AT A TIME

"I am a dressmaker and inclined to be nervous. I overcame this trouble to a great extent, however, by the following means: Just as engagements were sought, they were made and entered consecutively, and filled accordingly. Never would I allow a customer to rush in one day with an order to be completed the next, except in case of 'mourning' clothes, but always practised 'first come, first served.' I have also discontinued sewing until eleven and twelve o'clock at night, as I formerly did. I also reserved one day a week in case of sickness, bad weather — being lame, I cannot go out during the worst — for home needs and any emergency that might turn up."

AN EARLY BED HOUR

"My good health I can trace to plenty of sleep. I have merely acquired the healthful habit of retiring early — anywhere from nine to ten o'clock. By so living I am able to rise at a reasonable hour in the morning, and go to my work with a pleasant countenance — very neces-

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sary to success. I am really enthusiastic over plenty of sleep. Before acquiring this habit, I was anything but healthy; I was nervous and ill-natured — but those days are past.”

XXXIII

PHYSICAL CULTURE IN A NUTSHELL

Five minutes a day is all the time that is necessary for these exercises.

THE FIRST STEP IS TO LET GO

MANY girls need to learn the secret of relaxation more than they need exercise. No better time can be found to practise this than during a railroad journey.

The first step is to become conscious of your tense condition. If you will put your mind on the subject you will discover many times that you are trying to push the train along. You may find your teeth pressed together, or your hands grasping the arm of the seat as if you were in a dentist's chair. If you find that you are unconsciously raising yourself up from the seat, make your body as heavy as possible as you sit. Whenever you discover any tension from your head to your feet, just let go and relax.

HOW TO REDUCE THE ABDOMEN

Lie on the back, flat on the floor, with the hands clasped under the neck. Lift the left leg

to perpendicular position, toes extended away from the body, and return to the floor in first position. Repeat with right leg. Practise alternately twelve times.

Again lift the left leg to perpendicular and lower to floor, carrying the leg outward as far as possible. Return to first position, keeping the heel on the floor. Repeat with right leg. Practise alternately twelve times.

If continued, this exercise will make the hip-joint flexible, and will tend to reduce the superfluous fat of the abdomen.

TO KEEP THE WAIST SLENDER

While during the summer your waist muscles have been kept stretched and in condition through the games and outdoor exercise which you enjoyed, the days have now come when you will spend many hours indoors. You will need the extra impetus supplied by your daily five-minute exercise to keep the waist slender.

Stand in erect position and without inclining the head raise the right shoulder toward the ear as high as possible. Slowly depress the shoulder as far as possible, at the same time raising the left shoulder. Repeat four times.

Now as you raise the right shoulder, at the

same time depress the left shoulder, and bend to the left side as far down as you can. Slowly come to the same position on the right side. You will then have the left shoulder high and the waist bent over on the right side and stretched on the left. Repeat four times. Practise twice daily.

TO STRAIGHTEN ROUND SHOULDERS

Stand erect, weight on the ball of the foot, with hands on the chest, fingers pointing horizontally toward each other, elbows on a level with the shoulders.

With the eyes raised toward the ceiling, slowly bend the body forward at the hips, keeping the eyes fixed on the point that you have chosen. Do not let the elbows sag. You will feel the pull on the muscles down to your heels.

This exercise is one given by a leading orthopedic surgeon for straightening round shoulders. If faithfully practised every day, you will learn to stand erect without effort.

This exercise is a particularly good one for the girl who spends a great deal of time at her study table or over a desk in a business office. You should take as much care to sit properly as to stand correctly, and your back will not tire so quickly if you sit well back on your chair and keep

your shoulders erect. This also permits deep breathing, which works out good results in the body in general.

FILLING IN NECK HOLLOWES

The head movement is to be taken slowly and rhythmically. Sit in an erect but easy position, with neck pressed against the back of the collar. Now move the head in a rotary motion, carrying it as far as possible to the sides and back, in order to stretch the neck well. Hold this position for a second. Move first to the left, and then reverse the movement until the exercise has been repeated twelve times.

This exercise will fill in the hollows above the collar-bone and soften the outlines of the neck, as well as decrease the superfluous fat in those inclined to layers of double chin.

WALKING WILL EXPAND THE CHEST

As you are lately home from your vacation, your resolution to keep up the vigor that you have gained on your trip is still in its prime. This is a praiseworthy state. Do not let it grow old too soon.

Begin by taking a walk every day, no matter what the weather. If you are carefully protected

as to clothing and use good judgment, this will be of great benefit. As the cooler days come, light woolen clothing will keep you warm on your long walks. You will need, too, heavy but comfortable walking boots and heavy cotton stockings. As you walk, do so in a way that will keep the chest expansion you have gained. Take long, deep breaths as you step, expanding every part of the lungs. Slowly exhale. Repeat in rhythm.

JUST TO MAKE YOU SLEEPY

If on going to bed you find yourself so over-fatigued that sleep does not easily come, try a set of breathing exercises.

Lie flat on the back without a pillow, feet uncrossed and arms relaxed. Breathe in while you count six; breathe out, counting the same number, and then rest, breathing naturally for the same length of time. Repeat this exercise six times. Be exact about the number of times. This may be repeated at intervals.

The room should be thoroughly ventilated. The rhythmic, steady inhalation and exhalation are bound to have a quieting effect upon your nerves, if you persist in this little practice.

TO IMPROVE THE BUST

Here is a simple but effective exercise for rounding the chest and improving the appearance of the bust. Standing erect with hands on the chest, slowly stretch the arms back as far as possible, keeping them on a level with the shoulders, inhaling deeply. Slowly bring the hands back to the first position, exhaling the breath meanwhile. During this exercise keep the back of the neck pressed against the collar, and you will find that you are standing well, with very little effort. By practising this exercise the short girl will find that she appears taller, while the tall girl, instead of looking lanky, will be called stately. A girl's appearance does not depend upon her height nearly so much as it does upon the way in which she carries herself.

Form the habit of deep breathing. This is a most excellent way of stirring up a sluggish liver, for, with every downward movement of the diaphragm, the liver is pressed and incited to action.

EXERCISE FOR STRENGTHENING THE HAND

A good exercise for strengthening the hand is to squeeze repeatedly a rubber ball. You may even make the ball of paper and squeeze that. Or you need not even use the paper ball, but

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simply open and shut your hand over and over again. This will strengthen the muscles and give you a firm grip. To strengthen any one finger, carry a weight attached to the finger by a strap, meanwhile holding the arm extended. Overdevelopment in any one direction will destroy the symmetry of the hand.

TO STRENGTHEN THE WRIST AND DEVELOP THE MUSCLES OF THE ARM

Take the erect standing position and inhale deeply. Extend the right arm, bend at the elbow, hand up. Forcibly clench the fist, turning it first to the right and then to the left from the elbow only, keeping the muscles of the forearm tense.

Repeat this exercise fifteen times, inhaling deeply through the nose and exhaling through the mouth during the practice.

This exercise will strengthen the wrist and develop the muscles of the arm.

TO STRAIGHTEN THE SHOULDERS

Stand sideways near the wall at such a distance that the tips of your fingers will touch the surface when the arm is extended. Move an inch away from the wall and again touch the wall with the

fingers, being careful not to change the position of the pelvis, legs, or feet. Again, move away another inch and repeat the exercise. Keep this up until it is impossible to touch the wall with your fingers. Begin over again with the other arm.

This is a fine exercise to straighten the shoulders.

SKIPPING EXERCISE

Every girl knows how to skip. If you haven't done it for some time, just get up and try springing lightly, first on one foot and then on the other, moving forward all the time. You can "skip" in your room, or if you are in the country or in a quiet spot practise it in the fresh air.

This exercise is excellent for general circulation and for stirring up a sluggish body. If your occupation is sedentary, it is of the greatest value.

This has recently become quite a fad in England.

TO MAKE THE BODY FLEXIBLE AND GRACEFUL

In the spring duties are apt to press so heavily upon the not over-strong girl that she must take special pains to keep her sense of poise and correct position.

The East Indians teach a series of movements

that take into consideration these conditions: Standing erect with hands on hips, take a deep breath, then rise on the toes; from this position, lower the body slowly to the floor by bending first knees, then hips, keeping the back, neck, and head erect. When as near the floor as possible in this position, and still holding the breath, raise the body slowly to erect position on the toes without stooping forward. Lower the heels to the floor and slowly exhale the breath. This exercise brings a heavy strain on the muscles; the more slowly it is taken the greater is the strain.

FOR COLD MORNINGS

Many girls who sit over their work complain of being chilly on winter mornings. A little vigorous exercise will send your blood dancing through your veins, and will dissipate the feeling of "not being quite warm enough." You will avoid many a cold if you look after your circulation at once.

Take this exercise of arm swinging. Stand erect, arms at side: carry the right arm forward and up with the wrist relaxed and swing it backward in a circle, keeping the palm up as the arm goes back, and the chest firm and to the front.

Make the circle slowly for four revolutions, and repeat with the left arm and then with both. The second part is to repeat the circular movement in the same order but with great rapidity, until the body is in a glow.

This exercise is also very good for developing the muscles of the neck, chest, and shoulder, and fills out the hollows below the collar-bone.

GRACEFUL CARRIAGE

Have you ever watched the graceful walk of girls in other lands as they carry some tall, light object on the head? Now and again an arm is raised that the finger-tip may be assured of the perfect poise of the burden. The different parts of the body, from the crown of the head to the sole of the foot, work together, maintaining perfect equilibrium. Our own girls will find such exercise very conducive to good carriage. If your head has a habit of protruding, if your shoulders stoop, try this method to improve the awkwardness.

XXXIV

LITTLE WAYS TO "PRETTY UP"

WHAT girl among you does not dote on "stirring up" things with a spoon? Counting on this inherent feminine trait, I am giving you a goodly variety of toilet recipes, gathered from various sources, from which to choose.

Some of the ingredients you will find all ready for you in the kitchen, while others are very easy to obtain from the druggist. There is a great fascination in being able to make your own "cold cream," for then you can be certain that you have an absolutely pure article!

CARE OF THE HANDS

Nail Paste

Powdered carmine (fine)	1 drachm
Fresh lard	2 ounces
Oil of bergamot	24 drops
Essence of cyprus	12 drops

These ingredients should be well beaten together and heated in a double boiler. Stir them to a smooth paste. In order to avoid staining your

fingers, apply the paste to the nails with a bit of old linen. Let it remain for a few minutes and then wipe off.

The following is a French formula for nail powder:

Violet talcum powder . . .	1-2 ounce
Boric acid (pulverized) . .	1-2 ounce
Powdered starch	1-2 ounce
Tincture of carmine	15 drops

A simple powder for polishing the nails is composed of:

200 parts, zinc oxide
2 parts, carmine

Perfume with a few drops of oil of violets.

To remove stains from the nails while manicuring them, dip a cotton-tipped toothpick into peroxide of hydrogen to which a few drops of ammonia have been added. This is excellent for removing all discolorations.

A still simpler method of removing stains is the use of lemon juice.

Rub the following on the hands after bathing them:—

Glycerine and spirit of camphor, equal parts.
Mix well.

For freckles on the hands, use:

Violet water	1 ounce
Glycerine	1 drachm
Tincture of benzoin . . .	1-2 drachm
Powdered borax	1-4 drachm

The borax and glycerine should be rubbed together, and the violet water added very slowly. The tincture of benzoin is added last.

For red hands, the following is an excellent formula:

Honey	1 ounce
Almond oil	1 ounce
Juice of one lemon	
Yolk of one egg	

These ingredients should be well mixed.

GOOD MOUTH WASHES

The following formula is for a liquid mouth wash that may be used in the morning to cleanse and sweeten the mouth before breakfast:

Thymol	7 1-2 grains
Alcohol	2 ounces
Borax	15 grains
Distilled water, to make	1 pint

Another is:

Tincture of myrrh	1-2 drachm
Sodium bicarbonate . . .	1-2 drachm
Chlorate of potassium . .	a pinch
Distilled water	6 ounces

Still another is:

- Peppermint 15 drops
- Alcohol 1-2 ounce
- Rose water 1 ounce
- Tincture of orris 1-2 ounce

TOOTH POWDERS

- Powdered chalk 1 ounce
- Oil of peppermint 1 drop

Apply the powder thoroughly to the teeth, both to the inside and outside surfaces, using a soft brush.

TOOTH PASTE

- Powdered white castile soap . . . 2 1-8 ounces avoirdupois
- Precipitated chalk . . . 2 1-8 ounces avoirdupois
- Powdered orris root . . . 3-4 ounce avoirdupois
- Oil of peppermint . . . 1-8 fluid drachm

Add glycerine enough to make a paste.

FOR THE COMPLEXION

To whiten the complexion, mix a handful of well sifted wheat bran with a pint of white vinegar.

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Let it stand for four hours. Add five egg yolks. Put into a bottle and keep corked for fifteen days. This lotion may be applied to the face at night.

Cream for Sunburn

White wax 1-2 ounce
Spermaceti 1-2 ounce
Sweet almond oil 2 ounces

These ingredients are to be melted and well mixed together in a double boiler. Pour into a heated bowl and add slowly 1 1-2 ounces of rose water, and 1-2 ounce of witch hazel. Beat until creamy, and put into a small jar.

French Balsam, for rough and cracked skin, consists of equal parts of glycerine and egg albumen. Perfume this cream as you wish. You may use a few drops of any favorite essence on your toilet table.

An excellent cucumber cream is made as follows:

Cucumber juice 2 ounces
White wax 1 ounce
Spermaceti 1 ounce
Almond oil 4 ounces
Orange flower water 1 ounce

Put the oil into a double boiler, and when it is warm add the cucumbers after washing and chopping them fine. Take large ripe ones and do not

peel them. Allow the oil and cucumbers to simmer for two hours, and then strain. Add the wax, spermaceti, and the orange flower water, and beat until it is creamy. Keep in a tight box.

A good lotion for sunburn is:

Glycerine	1 ounce
Spirit of camphor	1-4 ounce
Boiled or distilled water .	4 ounces

You may put any scent in this that you desire. A few drops of rose water impart a delicate perfume.

Blackheads

Resorcin	60 grains
Zinc oxide	120 grains
Starch	120 grains
Petroleum	240 grains

Pimples

Ichthyol	90 grains
Ether	2 1-2 fluid drachms
Alcohol	4 fluid drachms

Dab on spots several times a day.

ABSORBENT COTTON TO REPLACE THE WASHCLOTH

A handful of absorbent cotton may be used for cleansing face and neck. A fresh wad is used

daily, being delightfully soft and acceptable to delicate skins. It is said that the Queen of Greece, a very beautiful woman with a wonderful complexion, uses the absorbent cotton washcloth.

COLD-SORE

After being mopped with a bit of cotton moistened in sweet spirit of nitre, a cold-sore, otherwise called fever blister, will often disappear like magic.

MOTH PATCHES OR LIVER SPOTS

Moth patches or liver spots are not infrequently caused by some internal derangement, and will not disappear until this is removed. Some authorities believe that the plentiful drinking of water for a time will help to remove these blemishes. This may have to be kept up for a year before the desired effect is noticed.

FOR EXCESSIVE PERSPIRATION

A good dusting powder consists of:

Powdered calamine	2 drachms
Powdered Florentine orris root	1 ounce
Powdered starch	3 ounces

Wiping off the parts with alcohol or bay rum is often helpful.

For sweating of hands and axillae, a lotion consisting of 5 ounces of bay rum, to which 9 grains of tannic acid are added is sometimes used.

RECIPE FOR BATH BAGS

The use of bran or corn-meal bags in the bath is excellent for the skin. Thin cloth is used for the bags, which may be made of any size that you prefer. They are filled two-thirds with bran, corn-meal, or oatmeal, bits of toilet soap, and a little powdered orris root. The bag should never be used more than twice, for it soon sours.

TOILET WATER

- Alcohol 1 pint
- Orange flower water . . 1 ounce
- Essence of bergamot . . 2 drachms
- Essence of lemon 1 drachm
- Oil of neroli 20 drops
- Oil of rosemary 6 drops

These ingredients, after being thoroughly mixed, are put into a bottle then tightly corked.

Carnation toilet water may be made of the following:

- Oil of pink 1 ounce
- Rectified spirit 1 pint

Florida Water

Oil of lavender	2 drachms
Oil of lemon	1 drachm
Oil of orange peel	1 drachm
Oil of cloves	5-8 drachm
Deodorized alcohol	1 pint

RECIPE FOR VINAIGRETTE

Oil of lavender	1-4 fluid ounce
Caustic spirit of ammonia	3-8 pint

Saturate with this preparation a bit of sponge, and place it in the vinaigrette; or pour it on to crystals of potassium sulphate with which you have first filled the vinaigrette. This is a French preparation, and is excellent in cases of faintness or headache.

SACHETS

A very delicate sachet is easily made by filling a lawn bag with sprigs of lemon verbena. Tiny little bags of the same material may be filled with rose leaves. They will keep their perfume for a time but after awhile they become stale.

A delicious sachet powder results from the combination of equal parts of the best violet sachet and ground orris root.

Frangipani Sachet Powder

Violet orris root powder	300 parts
Patchouli leaves	24 parts
Sandal wood	24 parts
Neroli oil	2-5 part
Rose oil	2-5 part
Sandal wood oil	2-5 part

This formula may seem rather complicated to you, but if you will ask the druggist to put all the oils into one bottle you will find it very much simplified.

TOILET VINEGAR

Menthol vinegar makes an excellent headache cologne. Use the following ingredients:

- 3 parts menthol
- 97 parts white vinegar

An aromatic vinegar that is also excellent for this purpose is:

Alcohol	3 ounces
Acetic acid	1-2 ounce
Crushed camphor gum	1 drachm
Oil of rosemary	-2 drachm
Oil of bergamot	1-4 drachm
Oil of cinnamon	1-4 drachm
Oil of lavender	1-4 drachm
Oil of neroli	1-4 drachm

These ingredients should be mixed and shaken until the camphor is dissolved.

HEADACHE OINTMENT

An ointment that is also good both for headache and sore muscles is the following:

20 parts of white vaseline and
70 parts of lanolin.

These are put into an earthen vessel, which is set into a saucepan of boiling water. To the mixture 10 parts of menthol are slowly stirred in. The liquor is poured off as soon as it begins to thicken.

HEALING LOTION FOR SCRATCHES OR LITTLE CUTS

Spirit of camphor 1 ounce
Glycerine 1-4 drachm
Borax 1-8 drachm
Carbolic acid 5 grains

This may be applied twice a day.

Another good one is:

Suet or lanolin 1 ounce
Camphor 20 grains
Glycerine 1-2 ounce

These ingredients should be melted together. They are then poured into a vessel and allowed to cool.

The following preparation is an excellent one with which to bathe the muscles when they have been overtaxed:

Spirit of ammonia	2 ounces
Spirit of camphor	2 ounces
Sea-salt	1 1-2 cups
Alcohol	2 cups

Put all the ingredients together in a quart bottle, and fill it with hot water. This should always be shaken before using.

A French formula which is used for the same purpose is:

Alcohol	1-2 pint
Spirit of camphor	2 ounces
Spirit of ammonia	2 ounces
Sea-salt	5 ounces

Boiling water, enough with the other ingredients to fill a quart bottle.

CARE OF THE FEET

It is a dainty habit to keep the nails of the feet in as good condition as those of the hands. The same preparations are suitable for both purposes.

Hot sea-salt baths are good for feet that are inclined to swell.

Alcohol baths are beneficial in cases of tender feet, or those that tire easily. Soaping the stockings and boots sometimes affords relief.

When one suffers from cold feet, fresh stockings daily often prevent clamminess.

The daily hot foot-bath often relieves the pain from corns and bunions. The hot bath is very restful for tired feet.

In caring for the feet, if you are unfortunate enough to cut them too deeply, the wound should be bathed at once with some antiseptic lotion. You may use 40 parts of glycerine to 1 part of carbolic acid for this purpose.

A good powder for the feet is this:

Tannin	30 drachms
Lycopodium	3 drachms
Alum	1 drachm

For Perspiration and Fetor of the Feet.

Orris powder . . .	1 ounce avoirdupois
Zinc oxide . . .	1 ounce avoirdupois
Talcum powder . .	6 ounces avoirdupois

Excessive Perspiration of the Feet.

An excellent method of dealing with this trouble: with a pen-filler let fall six drops of undiluted 40% formalin well up into the toes of the shoes. Here it evaporates and subjects the

foot to the action of very weak formalin gas for several days, the effects of which last a fortnight. More or less of the solution may be used later, as conditions indicate. Bathing the feet with formalin, even when strongly diluted, is not always safe.

POINTS ABOUT THE HAIR

As cleanliness more than any other factor is necessary to preserve beautiful hair, care of brush, comb and pins calls for "eternal vigilance."

A single bristle brush can be kept cleaner than the ordinary brush made up of bunches of bristles. An excellent solution for sterilizing the hair brush is composed of four tablespoonfuls of formaldehyde (40 per cent) to a quart of clear water.

The best comb is made with rounding edges, and blunt pointed teeth. Such a comb will not cut the hair.

Celluloid hairpins or ornaments should never be worn, as they sometimes explode when brought near fire.

In clipping uneven and split ends of hair, the most thorough method consists in taking a strand at a time, twisting it tightly and then, while holding it at its tip with one hand, rough it up by

running the finger-tip and thumb quickly up toward the scalp. In this way nearly all of the hair ends will be made to stand up, and can then be clipped with the scissors.

For Dandruff

Resorcin	8 grains
Castor oil	1 fluid ounce
Alcohol	3 fluid ounces
Peru balsam	5 grains

Rub in the scalp daily for a time.

A pomade for dandruff consists of a drachm of precipitated sulphur to one ounce of vaseline. Instead of the plain vaseline a combination of lanolin and vaseline may be used, with the addition of the sulphur.

A certain girl cured this trouble by using a fresh comb and hairpins daily. To do this conveniently, she bought half a dozen combs, washing them all on a certain day of the week. Since it is believed that one may be infected with dandruff by using soiled brushes and combs, or even by contact with a hat or other objects belonging to a person suffering from dandruff, it is not hard to realize the value of cleanliness in this affection.

Curling Lotion

Gum arabic	1 drachm
Sugar	1 drachm
Rose water	2 ounces

Mix and dissolve the solids in the rose water.
Moisten and roll the hair.

Hair Tonic

Salicylic acid	1 drachm
Spirit of ether	4 drachms
Glycerine	1 drachm
Alcohol	3 ounces
Bay rum, to make	8 ounces

Two Good Dry Shampoos

For a dry shampoo, take the finest ground, white corn-meal, add a little powdered orris root, and sprinkle the powder through the hair. Massage the scalp, being sure at the same time to rub the powder over it. Shake the powder through the long hair, letting it stand for half an hour. Remove all of the meal from the hair, by means of a long fibered brush.

Another mixture for a dry shampoo is composed of 250 grammes of wheat flour, and 30 grammes of powdered orris root, or lycopodium powder, mixed with starch in equal parts. The use of starch for this purpose is very satisfactory in the case of white hair.

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